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Middle East
January 2019
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ON TEST: Space Grill REVIEWED: Galvin Bistrot & Bar + Roberto's Dubai COOKING: Parmigiano Reggiano

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Welcome to January!



After December's onslaught of festive indulgence, it's time to blow away the cobwebs, ditch the super-stretch trousers, and start enjoying a balanced diet once more.

January is the month to welcome balance back into our lives, and so this issue of *BBC Good Food Middle East*, is dedicated to showcasing nutrient-rich, heart-warming healthy food.

Skip the fad diets, bowls of rabbit food and the pointless practice of depriving yourself of whole food groups (carbs are *not* the enemy), and approach food with a nurturing outlook.

Inside, you'll find mouthwatering recipes such as red pepper & bean tikka masala, sea bass & artichoke salad, plus scrumptious spaghetti & meatballs and more on page 26. There's even healthy pizzas with toppings like Cajun prawn, BBQ chicken and caramelised onion & goat's cheese on page 66 – healthy food really need not be boring.

Whether your goal is to lose weight, eat less sugar or boost your immune system, this month's issue is here to help keep you on track and reach your targets.

And, if you fancy a little bit of indulgence, head to our 'Weekend' section and dive into a dish of Diana Henry's General Tso's chicken, or a hearty steak served with soy-ginger butter and chunky-cut chips. These recipes beat any greasy take-away option and are sure to satisfy your cravings.

May your year ahead be abundant with culinary adventures, and happiness, in and out of the kitchen.

Here's to a great year ahead,

Sophie
Editor



FREE with this issue
BBC Good Food Middle East's 2019 Calendar



"This steak & aubergine salad is hearty and nutritious – it's a great dish for re-gaining a healthy balance with this January," says sales executive, Liz.



WHAT WE'RE LOVING!



Online editor, Glesni says: "Beat the January blues with this vegetarian-friendly, comforting bowl of tomato soup with cheese & Marmite toast."





"This paella recipe really is ridiculously easy to prepare, and it tastes fantastic," says graphic designer, Froilan.



BBC goodfood Middle East

EDITORIAL
MANAGING EDITOR: Michael Jabri-Pickett
mjp@cpimediagroup.com
EDITOR: Sophie Voelzing
sophie.voelzing@cpimediagroup.com
ONLINE EDITOR: Glesni Holland
glesni.holland@cpimediagroup.com

ADVERTISING
SALES MANAGER: Carol Owen
SALES MANAGER: Liz Smyth

bbc.sales@cpimediagroup.com

MARKETING
Isabelle Mills
marketing@cpimediagroup.com

DESIGN
Froilan A. Cosgafa IV

FOR OTHER ENQUIRIES, PLEASE VISIT:
www.bbcgoodfoodme.com

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Tel: +971 4 440 9100
Fax: +971 4 447 2409
Email: info@cpimediagroup.com

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Good Food UK
EDITOR-IN-CHIEF - Christine Hayes
MAGAZINE EDITOR - Keith Kendrick
CREATIVE DIRECTOR - Martin Topping

BBC Worldwide, UK Publishing
MANAGING DIRECTOR FOOD - Chris Kerwin
DIRECTOR OF EDITORIAL GOVERNANCE - Nicholas Brett
PUBLISHER - Mandy Thwaites
PUBLISHING COORDINATOR - Eva Abramik
UK.publishing@bbc.com

UK.Publishing@bbc.com
www.bbcworldwide.com/uk--anz/ukpublishing.aspx

Immediate Media Co Ltd
CHAIRMAN: Martin Weiss
CEO: Tom Bureau
DIRECTOR OF INTERNATIONAL LICENSING AND SYNDICATION: Tim Hudson
INTERNATIONAL PARTNERS MANAGER: Anna Genevier

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Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.
1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

gf YOUR SAY

We love hearing from you!

STAR LETTER



What I enjoy most about BBC Good Food ME is finding many ideas for healthy family meal options. I love cooking, eating, and trying new dishes. Mouthwatering ideas for quick everyday dishes and recipes are what I enjoy most about the magazine, which are all designed to save me time and effort in the kitchen. Food news and chef interviews are also very interesting to me, and the tips, giveaways and competitions are so exciting to apply for. It is truly a wonderful magazine that has so much to elegantly offer.

Nassir Eltinay



Thank you for the article about The Ritz-Carlton Abu Dhabi, Grand Canal in the December issue of BBC Good Food ME. I had no idea that there was such a luxury hotel located so closely to the Grand Mosque, offering such close-up views. I have visitors coming this month from the UK and a visit to the Grand Mosque is high on their 'to do' list, so I've booked us in here for a few nights. Thanks for the recommendation!

Samantha Cook



Writing this letter made me realise just how much of an expat I've become. I can't explain the sheer joy I felt when I saw the news in your December issue, revealing that Marks & Spencer has started selling its meat and poultry range in Dubai – I was beside myself with excitement. I know how silly this must sound, but I'm a huge M&S food fan and love the quality of their products. Let's just say that my house was well-stocked by M&S this Christmas. Thanks!

Terri Jones

WIN!

The Winner of the Star letter receives a mystery prize from **Tavola worth Dhs1,000.** Tavola is the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online at **tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



NEW YEAR, NEW KITCHEN?

Hacker Kitchens, the German luxury kitchen company, has launched its new 2019 ranges. Known for their sleek design and high-quality, the new ranges offer something for every taste, using colours and textures to stunning effect.

All of these new styles are specifically designed with the Middle East and Asia Pacific regions in mind – Hacker makes the world's only tropicalised kitchen. These are specially sealed and treated with an anti-fungal layer during the manufacturing process, using a sealant that expands and stretches with temperature. This makes the cabinets less penetrable by moisture, therefore increasing durability.

Highlights of the new range include the 'Gold Metallic' line that boasts a textured gold effect that adds elegance and theatre to any space.

The trend for natural materials and darker colours is perfectly encapsulated in the 'Iron Grey' range, with beautifully textured cabinets contrasting with a Vintage Oak waterfall island.

Using the natural texture and feel of marble to great effect the 'Calacatta' range adds luminosity and sophistication to kitchens, while the 'Industrial Steel' look draws inspiration from commercial kitchens. For more information, visit hacker.ae.



THE BEST BITES

Fresh, organic produce to your door

Food4Life is an organic, fresh food online supplier to homes and offices in the UAE. With a dedication to high-quality, certified organic produce, products from sustainable farming and a commitment to helping to make the earth a home to future generations, Food4Life strives to supply beautiful products as closely sourced as possible.

On December 1, Food4Life revealed its decision to 'turn blue', with a devotion to improving the planet and a 'green' effort to helping create a world with clean air, clear water and unpolluted, mineral-rich soil for growing healthy, organic vegetables.

"We all want to leave a beautiful world for the next generations, but sometimes companies get caught up in the process and forget about how their business effects the environment," says Alex Sfeir, Founder and Managing Director for Food4Life. "We are going blue to show our dedication towards sustaining a healthy earth, in other words, a blue planet for green people." For more information or to place an order, visit food4life.ae.

Text SOPHIE MCCARRICK | Photographs SUPPLIED



Lapita installs traditional Polynesian earth oven

A unique spectacle of cooking meat underground has been implemented at Lapita Hotel at Dubai Parks and Resorts and is now available to guests every Friday at the Kalea restaurant during the Family Daycation Brunch.

The brand-new Polynesian earth oven has been installed at Kalea restaurant. The earth oven or cooking pit which is known as a Hāngī' or 'Umu' in Polynesian cultures, is a unique, ancient method of cooking meat and vegetables underground using hot stones.

The cooking tradition is a staple across the Pacific, from Hawaii to New Zealand, and is prepared and named slightly different from island to island. The process is a true display, taking hours to prepare and cook but resulting in tender, fall-off-the-bone meat.

The cooking pit has been dug to 1-meter underground, where a layer of smouldering lava stones (which have been super-heated), sits ready for racks of meat to be placed upon. The selection of meat, including chicken, beef and lamb, is brined overnight, before being lowered underground and covered with banana leaves and a layer of soil to bake.

After several hours of cooking underground, the juicy meat and tender vegetables are lifted above ground before guest's very eyes in a spectacular finale and served with a selection of sides. The Family Daycation Brunch at Kalea runs every Friday from 1pm – 4pm. Prices start from Dhs295 with soft drinks and Dhs99 for children up to 12 years old including all-day pool passes (main pool, family pool and lazy river) and access to the Luna & Nova Kids and Teens Club. For reservations, call +971 (0)4 810 9999 or e-mail Lapita.restaurantreservations@autographhotels.com.

Grab-and-go Jones the Grocer Express opens



Jones the Grocer Express is now open at Dubai Creek Golf & Yacht Club. Catering for all, the urban-chic style café offers a variety of coffees, sandwiches and snacks. Favourites such as turkey, brie and cranberry baguette, and roast chicken and avocado multigrain sandwich make it the ideal choice for a quick bite for golfers before their round. After a day at the course, players can sit back and indulge in the Jones wagyu burger, garlic and chilli linguini, or chargrilled harissa chicken.

Daily offers available from Sunday through to Thursday include a croissant and coffee deal for Dhs25, or the 'Eat the Butter Half' offer, including half soup and half sandwich for Dhs45.

Open daily from 7am to 10pm. E-mail creekdining@dubaigolf.com or call 04 295 6000.

CARREFOUR LAUNCHES DUBAI'S FIRST SAIL-THRU SUPERMARKET

Hit by a snack craving on the beach? Feeling thirsty on your jet ski? Forgotten your sun cream while out yachting? Not to worry, Carrefour has opened a sail-thru supermarket to serve boat passengers, jet-skiers and beach-goers in Dubai.

The custom-built aqua-pod will serve customers on yachts, jet-skis and on three selected beaches in Dubai: Kite Beach, Jumeirah Public Beach and Al Sufouh Beach, six days a week from 10am to 6pm (subject to weather conditions).

With over 300 products on-board ranging from hot and cold snacks, ice cream, fresh food and beverages to selected non-food and personal care items like sunscreen and over-the-counter pharmaceuticals, each item has been carefully selected to match customer needs while at sea and on the beach.

Placing an order is simple. Jet skiers and passengers in small sailing crafts can sail up to the aqua-pod and order at the window counter, pay and wait for their items. Customers on larger sailing vessels in the area or on the selected beaches can phone through their order by dialing 056 400 3659 or place an order via the 'Aqua Pod' app (Android and iOS compatible) and a jet ski driver will deliver their order within a 45-minute target delivery time. Call Carrefour Bites and More by the Shore on 056 400 3659 or download the 'Aqua Pod' app for easy ordering.



NEW NESPRESSO BOUTIQUE FOR ABU DHABI MARINA MALL



Nespresso has launched a new Boutique in Abu Dhabi Marina Mall. Located centrally in the main atrium of the mall, the Nespresso Boutique is the second location of its kind in the UAE. Designed to immerse guests in a bespoke coffee journey, the new Boutique encourages exploration. It features two sensory touch points; a Sensorial Welcome and Discovery at the Bar, each has been carefully designed to enhance the customer experience.

LOVE LOBSTER?

A lobster fest has launched at The Promenade, Park Hyatt Dubai – and we're loving it!







Taking place every Saturday at The Promenade's seafood-led restaurant, NOÉPE, the 'Lobster Bake' event allows diners to dig in to an unlimited range of lobster for three and a half hours.

Enjoy a relaxing afternoon by the water while sampling the brand-new specialty lobster menu. Indulge in a selection of shellfish such as boiled lobster, baked shrimps, lobster rolls and corn on the cobb, with different beverage packages available to accompany.

NOÉPE embodies the flavours and nautical flow of Cape Cod and promises a great al fresco afternoon out – it also serves great sundowners with views over the Dubai skyline and creek.

The Lobster Bake takes place every Saturday from 12.30pm to 4pm at NOÉPE, The Promenade, Park Hyatt Dubai. All-inclusive F&B packages start from Dhs295 with soft beverages. A DJ plays after the event from 4pm to 8pm. Visit thepromenadedxb.com.

DID YOU KNOW?

All you need to know about buying, cooking and eating lobster



The king of the crustaceans, lobster is a delicacy that commands a very high price, with white, firm meat that is sweet and succulent.

Before it is cooked, lobster shell has a very dark colour, with tints that range from blue/green to red/purple - it gains its distinctive deep red brick colour only when it's cooked.

Generally speaking, the colder the waters in which the lobster was fished, the better the flavour. There are three main types: Canadian or American, which have round, very fleshy claws; European, fished around England, Scotland, Ireland, Brittany and Norway, which are considered to have the best flavour; and Slipper or Squat lobster, which live in warmer oceans, such as those surrounding Australia, where they are called 'bugs'. They have wide bodies and spindly legs, and aren't generally sold in Europe. Lobster is available year-round.

HOW TO PICK A LOBSTER

For practicality, a freshly cooked lobster, already split in half, cleaned and ready to eat, is the easiest option. Look for cooked lobster with a brightly coloured shell, and a tail that is tightly curled under the body - that means that it was live when it was cooked.

Buying a whole live lobster will ensure that the meat is the freshest it could possibly be, but it does mean that you will have to kill it - not a job for the squeamish. Look for lobsters that smell very fresh, and which are still lively when you pick them up - if you straighten out their tails, they should swiftly curve back under the body.

Never pick up a live lobster whose claws aren't bound with an elastic band - they're very powerful and and can do serious damage.

PREPARING LOBSTER

A halved, freshly cooked lobster is ready to eat - the only thing you might need to do is to crack open the claws (if they haven't been cracked already) using a hammer or a pair of lobster crackers, in order to access the claw meat.

If you have bought a live lobster, you should kill it just before cooking it. The most humane way to do this is to put it in the freezer for two hours, or put in a container and cover it with crushed ice for the same amount of time - this will render it unconscious. Then, having made sure that the lobster is no longer moving, push the tip of a large, sharp, heavy knife or a skewer through the centre of the cross on its head, and it's believed that this will kill it instantly.

Alternatively, put the chilled lobster in a large pan of cold, salted water and slowly bring it to the boil. It will die before the water boils. When the water has reached boiling point, lower the heat and simmer the lobster for around 15 minutes for the first 450g. Simmer for a further 10 minutes for each extra 450g, up to a maximum of 40 minutes. When the lobster is cooked, its shell will turn a deep brick red. Drain off the water and leave to cool.

To serve cooked lobster, first twist off the claws, then break into sections, crack the claw shell with a hammer or a pair of lobster crackers, then remove the flesh. Twist off the legs from the body, flatten with the back of a knife and then use a pick or a teaspoon handle to remove the flesh.

Next, split the lobster in half along its length by inserting a large, sharp knife at right angles to the edge of the head and press down firmly. The body and tail should split lengthways. Then cut through the head in the same way. You should now be able to separate the two halves. Remove and throw away the pale stomach sac, the gills and the dark intestinal thread that runs the length of the tail. The green liver (known as tomalley) is considered a delicacy. Remove the meat from the tail, and scrape out the soft flesh from the shell.

If any coral-coloured roe is present, it can be mixed with butter and the ground shells to make lobster butter, useful as a spread or to add to sauces. The shells can also be used to make stock.

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Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

mix Dubai by Alain Ducasse, Emerald Palace Kempinski

Alain Ducasse, the internationally acclaimed chef and creator has launched his first restaurant in the UAE. Cleverly split out into three distinct zones, the 400-cover space takes inspiration from a galactic scene, a space between dream and reality. Conceived as a contemporary interpretation of Islamic mocarabes, a flowing ceiling of transparent acrylic tubes sweeps across this 500sqm dining room in a single fluid gesture. With contemporary French know-how, miX Restaurant features a well-rounded menu that will change according to the season. It provides a one-of-a-kind experience of inspired French cuisine with local and international influences to cater to the sophisticated Dubai crowd. Stand-out miX DELUX dishes include: marinated raw blue shrimps, caviar; pan-seared duck foie gras, dolce forte sauce and sea-scallops, lettuce cream and white truffles. Call 04-2488860.

MAMA ZONIA, Pier 7

Discover the wonders of a new exotic urban jungle at MAMA ZONIA. Make a great escape into the hedonistic wilderness and be led on a journey through the Amazon rainforest. As guests take their first steps into the newly-opened outlet, they are welcomed by live tribal drummers, before taking in the vibrant and dramatic visuals of the open plan grill kitchen, where methods of cooking involve 'sand grilling'. The dedicated Raw Bar yields a selection of freshly caught fish such as the red snapper ceviche which comes marinated in coconut, habanero and pineapple, with a topping of truffle pearls. In true South American style guests will open their taste-buds to a selection of multicultural and trendy tapas plates that are ideal for sharing amongst couples or groups of friends. The MAMA's prime beef short ribs, which are cooked in the log fire for 14-hours and the Hokkaido scallops in the shell are undoubtedly two dishes that will ensure diners are left pining for more. Call 04-2404747.

La Strega, Le Royal Meridien Beach Resort & Spa

Bringing a taste of Italy to Dubai Marina, La Strega opened its doors last month. Inside, the restaurant exudes a traditional warm trattoria atmosphere, perfect for gatherings, welcoming families, friends and couples to enjoy the friendly ambience. Embodying its concept of homemade Italian food, La Strega will offer uncomplicated, authentic Italian fare curated by Head Chef Christian Carrieri with pizzas prepared by Chef Edoardo in the focal, open-fire oven. The menu, which comprises of traditional Neapolitan-style pizzas and homemade Italian dishes, employs traditional ingredients, from sourcing tomatoes from Napoli to lemons from Amalfi, you can enjoy a true taste of Italy in every bite. Not to be outdone by the pasta and pizza dishes, diners can also indulge in an array of antipasti, octopus, as well as steak and fish served straight from the grill. Visit lastrega-dubai.com.

mix Dubai by Alain Ducasse, Emerald Palace Kempinski

Text by SOPHIE VOELZING | Photographs SUPPLIED



Villamoré, Emerald Palace Kempinski, The Palm

Recalling the elegant coastal retreats of the Riviera, Villamoré is a new effortlessly chic beachside restaurant and lounge hideaway located at the new Emerald Palace Kempinski, The Palm. Nestled on the shores of the Arabian Gulf, Villamoré's extensive beachfront terrace boasts fantastic views of Dubai's skyline, taking in a number of iconic landmarks of Dubai; Atlantis, Burj Al Arab, Burj Khalifa and the expanse of the Marina and Bluewaters. Villamoré's kitchen offers a richly sensory culinary experience, combining innovative yet authentic dishes drawing from regional Italy, the French Riviera and elements of Levantine cuisine. The simplicity and craftsmanship of the menu endeavors to deliver light, uncomplicated dishes, packed full of authentic colour and flavour. For more information or reservations, e-mail *reservation@villamoredubai.com or call +971 42488890.*



Bounty Beets, Le Meridien Mina Seyahi

Bounty Beets, a new-concept dining outlet with a fun and holistic approach to living has opened at Le Meridien Mina Seyahi. Transformed within a newly-renovated space previously home to popular eatery Gourmet by Kcal, the 130-cover outlet will offer a menu bursting with the coolest and trendiest dishes. Guests can choose from signature favourites such as avocado on toast called 'You're all I Avo Wanted', and an entire breakfast section titled 'First Breakfast, then I'll Change the World'.

From sunrise to sunset, the restaurant welcomes sociable meetings with family and friends, whilst also providing a great productive space for those working on-the-go with free Wi-Fi and the most Instagrammable wellness lattes and smoothies.

Boasting organic, gluten-free and vegan options, guests can enjoy additional items like detox shots, plant-based nachos, vegan cream cheese, gluten-free pizza and a mouth-watering selection of 'unbelieva-bowls'. For more information or to book a table contact *04 399 3333*

Ciboney's, Capital Club, DIFC

Ciboney's, an innovative, modern Caribbean restaurant, is set to open on the third floor of Capital Club DIFC this month. The homegrown concept will offer relaxed sharing-style service in a lively atmosphere, which will exude the vibrancy of the Caribbean in an opulent colonial style setting. At the helm of the culinary offering is Chef Collin Brown. Born and raised in Jamaica, Chef Collin has spent the last 20 years in London discovering new cuisines and techniques. Drawing on his heritage the menu will revolutionize and refine traditional Jamaican food derived from his ancestors, taking playful influence from a variety of cuisines, effortlessly combining a diversity of flavours and cooking methods to create a truly different offering. The vibrant yet soulful vibes, with live entertainment from resident DJs and international performers will offer a dinner to party experience, inviting guest to sip, savour and celebrate at Ciboney's. For more information or reservations, e-mail *reservations@ciboneys.com.*



Chival, La Ville Hotel & Suites

Chival Global Social, the social eatery in La Ville Hotel & Suites CITY WALK, presents an all new brunch 'Just Brunch', a more refined take on the extravagant Friday Brunch fare. Whether it's eggs benedict or crispy-crusted salmon that you prefer, there is no wrong time of day for a whole burrata (with a mild twist).

Serving the appetite for a quintessential Friday afternoon, 'Just Brunch' lineup features breakfast classics, including smoked salmon avocado croissant, and Chival's lunch favourites, that are served directly on the table. Keeping with the real flair of brunch, guests can choose from an array of waffles, cereals, fresh fruits and baked goods, along with a smoothie counter.

Soak up the better weather and sunshine on the Chival Terrace or in the sunlit contemporary interiors of the restaurant as you indulge in second helpings of the copious 'Just Brunch' menu.

Taking place every Friday from 12pm – 4pm, 'Just Brunch' packages start from Dhs199 per person. For more information or to make a reservation, *call 04-4033111, e-mail laville.dining@autographhotels.com or visit chivallaville.com.*





Khyber, DUKES Dubai

Going out early? Why not spend an early dinner at Khyber and satisfy your craving for a mouth-watering Sandhy Bhojana (sunset dinner) 3-course meal with a stunning sunset view and intimate surroundings. Taking place daily from 5pm to 7pm, the 3-course sunset dinner is priced at Dhs100 per person. Khyber is the first restaurant of its kind outside the flagship in Mumbai, that brings an intricate and rich North India palette of flavours to Dubai. For reservations, please *call +971 (0) 4 455 1101 or e-mail dining.dubai@dukeshotel.com.*

Tried & tasted

Each month, we review two of the city's top tables.





Reviewed by Sophie Voelzing

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.





Where?
GALVIN BISTROT & BAR, THE SQUARE, CITY WALK

Dining experience: Dinner

What's it like? Located within the fully-licensed area of City Walk called The Square, Galvin Bistrot & Bar was brought to Dubai by famed British brothers, chefs Chris and Jeff Galvin. Previously known as just Galvin Dubai, the elegant multi-level restaurant, bar and lounge recently underwent a re-brand and menu change to offer a more casual and accessible approach.

Now serving French bistrot cuisine with an emphasis on simplicity and seasonality in a relaxed environment, Galvin offers ample indoor and outdoor seating. The sophisticated outlet boasts a fantastic social climate that is stylish and inviting.

With warm, welcoming interiors and hospitality, it's easy to feel right at home upon arrival at Galvin Bistrot. The interiors inside remind me of a high-end traditional British restaurant that marries styles old and new – think dark wood, royal blue and copper tones, with contemporary touches and views into the kitchen over the pass.

What are the food highlights? Led by *BBC Good Food Middle East's* 'Chef of the Year 2018' winner, executive chef Luigi Vespero, who worked alongside the Galvin's in London, the kitchen here operates with skill and attention to beautiful flavours.

Expect to experience fantastic classic cooking inspired by traditional, all-time favourite French dishes.

To start the experience at Galvin Bistrot, the lasagne of Devon crab served with rich, creamy bisque and lobster oil is not to be missed. The delicate dish is a delight to eat and is sure to impress if you're a fan of rich seafood flavours.

Next, try the heritage beetroot salad with truffle goat's curd, candied walnuts and chard – the beetroot is beautifully prepared and paired with an airy goat's cheese that's not over-bearing and compliments the dish superbly.

My favourite dish of the evening was the main course of the restaurants new signature dish – the Galvin bouillabaisse (seafood stew), served with aromatic grated gruyére, rouille and toasted sour dough slices for dipping. Made up of prawns, mussels, clams and fish, the stew was packed with such beautiful flavours from the sea, while the seafood was cooked to perfection.

My dining partner enjoyed an equally flavour-bursting dish of beef bourguignon – slow braised ribs that melted in the mouth and boasted strong meaty tastes, with creamy potato puree and Hermitage jus to drizzle on top.

For dessert, if you're a chocolate lover don't miss the Valrhona chocolate assiette, which includes a small chocolate fondant, a white mousse and a mini tart, all made with different Valrhona chocolate that vary in strength of flavour and marry together to offer a blissful ending to the meal.

How was the service? The team at Galvin Bistrot & Bar is inviting and friendly, ensuring that your dining experience is warm and welcoming.

The bottom line: Galvin Bistrot & Bar uses great ingredients that are handled with respect, and offered with fantastic value for money. A great place to share an evening with your loved one or a small group of friends over dinner downstairs, followed by drinks at the upstairs bar and jazz lounge, The Green Room.

The restaurant is also a great spot to check out on Saturdays, when it runs the 'Great British Roast' offer. The laid-back, hearty and traditional meal is served between 1pm and 6pm, and costs Dhs135 per person.

Want to go? Priced at around Dhs300 for three-courses, without beverages. For more information or to make a reservation, call+971800425846, e-mail reservations@galvindubai.com, or see galvindubai.com.

Photographs SUPPLIED

Where?
ROBERTO'S RESTAURANT & LOUNGE, DIFC, DUBAI

Dining experience: Dinner

What's it like? Having recently undergone an extensive renovation this summer, Roberto's in DIFC has now re-opened to unveil its beautiful new interiors and refreshed classic Italian menu.

A resident in DIFC for more than seven years, Roberto's has always been a firm favourite within the city. It's an elegant and classy, white tablecloth type of restaurant – without the stiffness. The ambiance is relaxed yet offers a fantastic buzz fueled by tunes from the DJ, an open kitchen and up-market bar area.

The elegant and contemporary restaurant offers both indoor and outdoor seating, with two separate terraces, each providing magnificent views of Burj Khalifa and Dubai's glittering skyline. Inside, classic marble and dark wood furnishings create a cosy yet luxurious setting.

What are the food highlights? Both Roberto's in Dubai and Abu Dhabi are led by Group Executive Chef, Francesco Guarracino, who in-line with the refurbishment, worked on creating delicious new additions to the menu over the summer.

The menu explores options including insalate, zuppe, pizza, antipasti, crudo (from the live raw bar within the restaurant), paste, risotto, pesci, carni and finally, dolci & formaggi.

Dishes of the evening for me included chef's new prawn tartare dish 'Stella Di Mare', served in the shape of a starfish – the subtle flavours of the prawn were brought to life with zesty flavours of lemon gel, fruity peach and nuttiness from pistachio. Overall, the dish was light, utterly delicious, and didn't leave you feeling full (thankfully, as there's so much more culinary excellence to come). The vitello tonnato – sliced, slow roasted pink veal with tuna caper sauce and celery heart, is also fantastic to begin with.







Moving on to the mid-course, don't miss the braised beef-stuffed agnolotti with spinach and broccoli puree, the dish is not only presented beautifully, but combines such fresh, well-combined flavours.

Next up, the slow-cooked roasted octopus is cooked tenderly and marries modern techniques with Ancient Roman ingredients like artichoke and cacio e pepe sauce, made of Pecorino cheese, milk and black pepper.

For main, the slow-braised Canadian veal melts in the mouth and is accompanied with a variant of jus and puree, including sage and polenta.

Bring the meal to an indulgent close with Roberto's very own homemade gelati – the hazelnut and pistachio flavours are to die for (incredibly delicious!).

How was the service? There's Italian charm here – and it helps that quite a few of the front of house team are native to Italy. They're all on the ball and operate like a well-oiled machine, providing attentive, but not in-your-face service.

The bottom line: Overall, this is a fantastic spot to spend an evening with your other half for a special occasion, or with a small group of friends for a fantastic meal. After dinner, venture into Roberto's bar area, where you'll find seasoned mixologists and a DJ on the decks – it's an all-rounder for the perfect evening out.

Or, if you fancy dining during the day, Roberto's also offers a great value-for-money Business Lunch priced at Dhs95 for 2-courses or Dhs125 for 3-courses. Available Sunday to Thursday, 12pm – 3pm.

Want to go? For more information or to make a reservation, call 04 386 0066 or visit robertos.ae.



TRIED AND TESTED:

SPACE GRILL

Now available to buy in the UAE, the Space Grill is the world's first fully-sized, fold-down BBQ – perfect for those with limited outdoor space at home. This month, we put the Space Grill to the test. Here's what we thought...

Reviewed by **Sophie Voelzing**

Like many in Dubai, I live in an apartment and having restricted outdoor space, I've never been able to squeeze a fully-sized barbeque onto my balcony. So, when I heard that the Aussie-born Space Grill had launched in the UAE, I was curious to check it out.

The Space Grill is an indoor-certified, fold-away gas BBQ that was developed especially for people that want to enjoy grilling on a generously-sized surface, but have limited space on their balconies, terraces or small garden areas.

INSTALLATION

Available for purchase online, the Space Grill is delivered straight to your home and installed for you. Within a matter of moments from arrival, the team had my grill set-up and fully operational. The Space Grill can either be mounted onto an outdoor wall or it can be purchased with a stand.

Equipped with inbuilt handles on either side of the grill, the barbeque is easily maneuvered to be stored vertically, or horizontal when popped up to cooking mode, which literally takes two seconds. Overall, the Space Grill weighs 35kg, and has a pivot weight of 15kg, so it's an easy movement to lift the grill up and down.

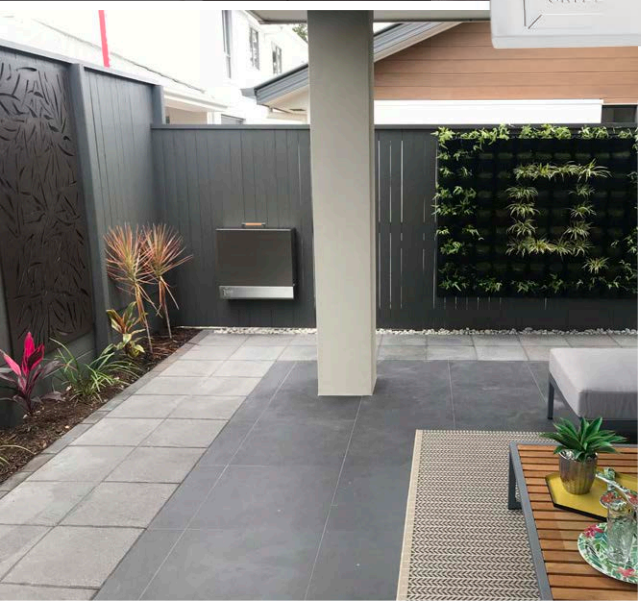
On first impressions, I loved how the BBQ looked so compact and cleanly designed when folded down, yet once brought up for grilling it was like using

PText by SOPHIE VOELZING | Photographs SUPPLIED











any other large grill. Offering a 640mm x 480mm cooking area consisting of a ceramic-coated reversible cast iron plate (flat and ridged) and a chef-grade stainless-steel grill, the Space Grill is a solid and durable piece of equipment that really holds its own against other non-folding barbeques.

COOKING

When it comes to cooking on the Space Grill, there's three different surfaces to choose from – the stainless-steel grill, which is great for grilling meat, fish and seafood on, then there's a reversible cast iron plate, ideal for vegetables. The cast iron plate is ridged on one side, but once flipped over the surface is flattened for times when you're looking for a more even sear – eggs and pancakes, anyone?

The build quality of this three-burner barbeque is fantastic. With three-individual rotary ignition stainless steel burners that can operate from bottled or mains gas, the Space Grill ensures that there are no cool spots on the grill when all three are turned on.

With the heat being evenly well-distributed, I really liked that I wasn't constantly having to move ingredients around on the grill to ensure consistently-cooked food. Instead, everything cooked evenly, to smoky, barbequed perfection.

CLEANING

Let's be honestly, no one likes cleaning a barbeque, so I wasn't particularly looking forward to this part of the review, however, it's good news – the Space Grill is pretty painless to clean.

Due to its anti-stick ceramic nano coating, the grill's surfaces are easily wiped clean. They're also removable if you need to give them a thorough clean. Underneath the grilling surfaces, the Space Grill has an internal drip system that guides all juices and dropped-through bits and pieces into a removable tray, which is easily removed and cleaned. I found it easy to rinse the grill down outside, then simply bring the detachable tray inside to the kitchen sink to wash away everything else.

The lid cover that's used to neatly enclose the Space Grill when folded down doubles as a splash back to the grill when in cooking mode, so that your walls don't get greasy or splattered with food.

Made from high-quality weather proof stainless steel, the Space Grill is designed to withstand moisture and salt, so you don't need to worry about your barbeque rusting. It also comes with a quality cover, so that it's protected from the elements once folded away. And, as a portable barbeque, you can always bring the grill indoors (or take it on a camping trip), should you need to.

Another great design element of this grill is that the outer surfaces of the grill do not get hot, so you don't need to worry about your little ones accidentally burning themselves.

HOW TO BUY

If you're keen to try before you buy, the Space Grill team offer free demos at your home. They offer a professional and really friendly service, ensuring they're in and out of your home in a jiffy, leaving no mess behind.

The Space Grill retails at Dhs3,799 including VAT. For more information or to order a Space Grill, visit www.ae.space-grill.com or call +971 58 5503078.

FUTURE OF FOOD ***Part 1***

MAKE YOUR kitchen smarter

Soon, you won't just use your kitchen – you'll chat to it. Welcome to the fantastical innovations that will become part of your food life in 2019 and beyond

words TONY NAYLOR ***illustration*** GEORGE BLETSIS

The kitchen, as you know it, is a museum piece. It may not feel like it. You may be happy there. But in the next few years, the domestic kitchen is going to – almost literally – come alive with possibility. A new wave of intelligent, web-connected appliances will bring to an end the very notion of toiling at a hot stove. Instead, as the interoperability of appliances is smoothed out, and those appliances begin to connect seamlessly to Amazon's Alexa or Google Assistant, your kitchen will take on the feel of a high-tech command centre. One where, simply by talking to your appliances, you will be able to shop, set them cooking unaided, watch guided recipe tutorials and, generally, be the best cook you can be.

At the forefront of this revolution is BBC *Good Food*, with our archive of 11,000 recipes now available through Samsung's connected fridges and Amazon's Alexa devices. With the right technology, you can connect your favourite *Good Food* recipes to your fridge, or search and follow each one, all by voice.

Hannah Williams, BBC *Good Food*'s head of digital content, says, 'The routines and homes of the *Good Food* audience are changing, but the desire for trusted, tasty recipes is not. With every innovation, we make our content more useful and relevant. It's exciting to help people cook great-tasting food, whether they're talking to their fridge or flicking through the magazine.'

Everything from your breadmaker to your pans will monitor temperature and humidity to ensure meals turn out perfectly. Again. And again. And again. In some cases, that future is already here. By 2022, it definitely will be. Welcome to the kitchen of tomorrow. Life may never be the same again.




Boil this voice-controlled kettle without getting out of bed
Never cry over spilt milk again with pans that won't boil over
Cook your favourite meals six times faster with 70% less energy
Take the guesswork out of baking measurements with intelligent whisks
Oven camera: watch your food cook without opening the door
Project your recipes onto any surface



◀ **The Samsung Family Hub fridge-freezer auto-generates shopping lists, helps you meal-plan and shop**



▶ **Run your smart gadgets through the Echo Show kitchen hub**



◀ **The smart, programmable Instant Pot cooks faster, using less energy than conventional cooking**



▼ **Control the AmazonBasics microwave with just your voice**

SUPER-SMART APPLIANCES

Voice-controlled cooking

In 2019, LG and Electrolux will release cutting-edge kitchen appliances that, linked to Google Assistant and/or Amazon's Alexa, will allow you to pre-heat and adjust your oven, hob and hood simply by talking to them. Both manufacturers are partnered with Innit, a recipe, nutrition and meal-planning app, which will allow you to ask for instructions – for example, how to roast a chicken – then load them into your oven without touching a dial.

'Having that voice function is handy if you've got mucky hands and want to flip a door down,' says Tom Cooper, MD at grocery-replenishment app Pantri. But high-end kit, like LG's Signature Kitchen Suite will cost big bucks. At a lower entry level, Cooper sees Amazon's Echo Show – an Alexa voice-controlled tablet – as the key that may unlock the voice-controlled kitchen for the masses. The Echo Show is already proving its worth in the kitchen by allowing cooks to set timers out loud and pull down videos of recipe tutorials. But as more everyday appliances, such as smart kettles and coffee machines that connect automatically with Alexa appear (and as Amazon itself releases its own kitchen appliances, such as the AmazonBasics microwave), the Echo Show may become the go-to kitchen hub. 'It's Dhs250 to put a little Amazon Echo speaker in your kitchen, or Dhs950 for a screen, and then you have all these appliances that connect through it,' says Cooper.

First mass-market smart appliance?

The AmazonBasics microwave (*amazon.com*) is a voice-activated potential game-changer. Over 20% of UAE households already own a voice assistant, such as Amazon's Alexa (or Google Home with Google Assistant) and, retailing at only Dhs280 (no UAE launch date – yet), this microwave could become the first mass-market smart appliance. To Chris Albrecht, managing editor at food-tech bible The Spoon (*thespoon.tech*), this traditionally tricky piece of kitchen equipment is perfect for such automation. 'Tell it, "cook two potatoes" and it promises to do just that. No more blasting everything on high in 30-second increments. And it will keep adding presets to its database, so you can get customised cooking for packaged goods.'

> **"New kitchen gadgets will allow you to preheat and adjust your oven without touching a dial"**

Speedy slow cooking

Forget clunky 1970s pressure cookers, the electric, fully-programmable Instant Pot (around Dhs560, *instantpot.co.uk*) claims it can cook your favourite meals up to six times faster but using up to 70% less energy.

Meal-planning fridge

Camera-enabled, so you can see what is in it (and tag items with their expiry dates), connected to *Good Food* (*bbcgoodfood.com*) for recipe ideas and supermarket apps for the ingredients, the Samsung Family Hub Multi-Door 550l fridge-freezer (Dhs21,000, *samsung.com*) – controlled from its touchscreen or your phone – enables you to meal-plan, auto-generate shopping lists and shop in a few clicks.

Cook-a-vision

Controlled from a phone app or its door – a 48cm touchscreen from where you can also browse the web – Hoover's Vision oven (Dhs6,800) is at the forefront of camera-enabled oven technology. Using the camera, you can see how your food is cooking without opening the door and losing heat. 'You could put the *Good Food* app on it to look at recipes,' enthuses Cooper, 'and use the oven camera to upload pics to social media.'



▲ Watch your food cooking with the camera-enabled Hoover Vision oven with touchscreen door



▶ The Bartesian drinks maker creates bespoke beverages with less mess



◀ Recalculate recipe weights for more or fewer guests with Drop Scale

▼ The AppKettle can be set to boil from the comfort of your bed



▶ The iCuisine Bluetooth-whisk takes the guesswork out of cooking



COOL KIT

Beverage pods

Shipping from March in North America (worldwide distribution, 'won't be too long'), Bartesian (*bartesian.com*) is a capsule-powered unit, similar to a pod coffee machine, which enables you to create bespoke drinks.

Never-go-cold cuppa

We all know how frustrating it is to get distracted and let a brew go cold. Well, Ember's battery-powered, temperature-controlled mugs (Dhs370, *ember.com*), will hold your drink at whatever temperature you set. 'You can even remotely control the temperature via the Ember app,' says Jeevan Jayaprakash, a strategist at innovation consultancy Hi Mum! Said Dad.

Space-age storage

Due soon in the US, Ovie's smart tabs and clips (*ovie.life*) fit on bowls or bags. When storing leftovers, simply tell your voice assistant what you are saving and, using the Ovie database, its tabs then change colour or ping alerts to your phone as the food needs to be eaten. 'It's smart Tupperware,' says Tom Cooper.

Vacuum-packed vitamins

Inspired by machines such as the BioChef Living Food blender (Dhs1,390, *vitality4life.co.uk*), Lakeland is looking at stocking vacuum blenders in 2019. 'Traditional juicers whisk lots of air into a smoothie and that oxygen impacts on flavour and nutritional value. Vacuum juicers suck air out before they blend, so oxidation is slowed,' says Samm Swain, Lakeland's buying and merchandising director.

Remote-control sous-vide

Take a cooking pot, a ziplock bag and the WiFi-enabled Anova Precision Cooker heating element (Dhs645, *anovaculinary.com*), and you can cook sous-vide with absolute precision, from anywhere in the house.

Recipe recalculator

Linked to a recipe app and ingredient database, Drop Scale (from Dhs250, *getdrop.com*) makes recalculating recipe weights for more guests, or swapping ingredients – say butter for oil – a one-click job.

Bluetooth whisks

iCuisine (*myicuisine.com*) is developing Bluetooth-enabled whisks, spoons, spatulas and jugs that can relay weights, volumes and temperatures to an app. It enables 100% accuracy, so there will be no need for 'a bit of this, a pinch of that' guesswork when following a recipe.

Robot barista

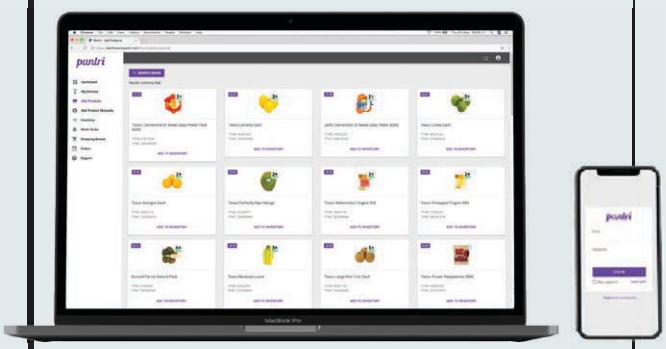
It will cost you around Dhs6,960, but Siemens' CT636LES6 coffee machine is the last word in personalised, app-controlled caffeine pleasure. Family members can save their individual drink preferences, pour an espresso remotely – and it updates with new coffee styles.

Remote-control kettle

For the snoozers among us, being able to turn on the kettle from the comfort of your bed is the stuff of dreams. AppKettle makes it reality (Dhs600, *myappkettle.com*). 'You can boil the kettle remotely via your phone, schedule it or turn it on with your voice via Alexa,' says Jayaprakash.

Make your own yogurt

One to watch? New York's Yomee (*yomeeyogurt.com*), is an app-controlled yogurt maker that uses entirely soluble live culture pods. 'Making your own yogurt eliminates loads of plastic packaging. Soluble pods must be the future,' says *Good Food*'s hub director, Lulu Grimes.



▲ **The Pantri app can monitor appliances and re-order supplies**



▶ **Project an interactive screen onto any surface with the Bosch PAI**

> **The Pantri app will allow you to re-order groceries instantly from any store – and by monitoring appliances, automated re-ordering will be the eventual outcome**

GUIDED COOKING

Touchscreen recipes

It will launch first in China and the US, with Europe to follow, but Bosch's PAI will project an interactive screen onto any surface. Forget food-encrusted tablets in the kitchen. 'It's quite futuristic,' says Filipe Oliveira, a home electronics analyst at consultancy Futuresource. 'It projects recipe instructions and you interact with it by touching images that are projected.' New Electrolux appliances integrated with Sony Mobile's interactive projector, Xperia Touch, will offer a similar experience. Think Tom Cruise in *Minority Report*.

App-connected cooking

A recipe-packed app that connects to temperature-sensors in its pans and an ultra-responsive induction hob, the Hestan Cue system (*hestancue.com*) will guide you through each step of a recipe, automatically adjusting to the right temperature as you go.



▶ **Hestan Cue system guides you through recipes, adjusting to the right temperature**

No-boil-over pans

AEG's new SenseCook induction hobs use sensors accurate to within 1C to adjust the temperature in your pans as you cook. Select foods from the touchscreen and SenseFry will pan-fry them to your specification (from around Dhs4,170), or with SenseBoil, ensure the pan never boils over.

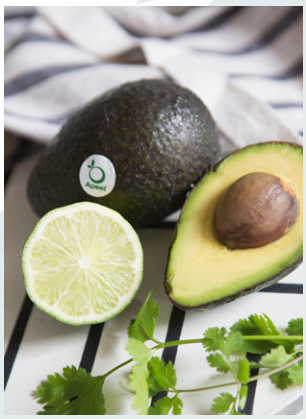
SHOPPING

Shopping forecasts

Already working with Samsung and LG, when Pantri (*pantri.net*), launches in 2020 – as an app, pre-installed in smart appliances or as a one-touch button – it will allow you to re-order groceries instantly from any store linked into the system, be it a supermarket or a tiny artisan bakery. By monitoring dishwashers and kettles, for instance, automated re-ordering should be the eventual outcome.

Edible coatings

Already in the aisles at Costco in the US, Apeel is an edible coating (made from plant material) which – no more plastic! – keeps produce, such as avocados, fresher for longer.



▶ **Edible, organic Apeel coating keeps fruit and veg fresh**

next month

Part 2: The extraordinary ingredients and eating out experiences you'll be enjoying in 2019. See opposite to find out about *Good Food*'s new voice-activated cooking skills









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FRIDAYS

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JANUARY 2019

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Price:

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House Beverages | AED 399 per person

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take a pack of

SAUSAGES

Easy new ideas using your shopping trolley favourites

recipes ELENA SILCOCK

photographs DAVID MUNNS, TOM REGESTER



Sausage & broccoli penne

SERVES 2 PREP 5 mins COOK 15 mins EASY

Cook **200g penne** according to pack instructions. Drain, reserving some water. Fry **3 sliced sausages** in **1 tbsp olive oil** until brown, then add a **handful chopped Tenderstem broccoli**, **1 crushed garlic clove** and **1 tsp chilli flakes**. Add the pasta and a splash of pasta water, and toss to combine. Season and serve with a **generous grating of parmesan**.

GOOD TO KNOW fibre
PER SERVING 572 kcals • fat 16g • saturates 5g • carbs 79g • sugars 4g • fibre 9g • protein 23g • salt 1.1g

Spicy sausage noodles

SERVES 2 PREP 5 mins COOK 10 mins EASY

Squeeze **2 sausages** out of their skins, mix with **1 crushed garlic clove**, **1 tbsp grated ginger** and **1 chopped red chilli**, then fry in **1 tbsp sesame oil** until browned. Add **160g green beans**, then fry for 1 min more. Tip in **200g straight-to-wok noodles**, a **splash of soy sauce** and toss together. Add a splash of water and put the lid on to allow the beans to steam for a couple of mins. Sprinkle with **fresh coriander leaves** and **sesame seeds** to serve.

GOOD TO KNOW low cal • fibre • 1 of 5-a-day
PER SERVING 367 kcals • fat 20g • saturates 6g • carbs 33g • sugars 7g • fibre 7g • protein 10g • salt 1.1g

Sausage & fennel risotto

SERVES 4 PREP 10 mins COOK 40 mins EASY ❄

Fry **4 sliced sausages** until browned, then transfer to a warm oven. Use the same pan to melt **1 tbsp butter**, add **2 bulbs sliced fennel**, **1 tsp fennel seeds**, fry until the fennel softens, then add **1 crushed garlic clove** and cook for a min more. Tip in **300g risotto rice** and stir until popping. Slowly add **1 litre chicken stock**, ladle by ladle, stirring all the time until cooked through. Finish with **50g parmesan** and top with the sausage slices and fennel fronds.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING 575 kcals • fat 18g • saturates 8g • carbs 71g • sugars 2g • fibre 7g • protein 24g • salt 1.7g

Porky pizza

SERVES 1-2 PREP 10 mins COOK 12-14 mins EASY

Roll out **1 pack pizza dough** on a floured surface, top with **3 tbsp passata**, a handful **grated mozzarella** and crumble over the meat from **2 sausages**. Top with **3 tbsp pancetta lardons** and **1 sliced cooking chorizo sausage**. Scatter with a **few fresh basil leaves**. Cook on a hot baking sheet at 220C/200C fan/gas 7 for 12-14 mins, then serve.

PER SERVING 834 kcals • fat 38g • saturates 15g • carbs 90g • sugars 9g • fibre 5g • protein 51g • salt 5g

Summer sausage stew

SERVES 3 PREP 10 mins COOK 30 mins EASY ❄

Roughly chop **2 red onions**, **1 courgette** and **1 aubergine**. Put in a pan with **1 tsp dried oregano** and **2 tbsp olive oil**. Cook until browning and softened, then crush in **2 garlic cloves** and cook for another min. Tip in **400g can chopped tomatoes**, plus ½ can of water, cover and cook for 20 mins. Meanwhile, fry **6 sausages** until golden, adding them to the stew for the last 5 mins of cooking time. Season, add a splash of **vinegar** and top with a **dollop of pesto**. Serve with **crusty bread**.

GOOD TO KNOW fibre • 4 of 5-a-day
PER SERVING 519 kcals • fat 36g • saturates 9g • carbs 26g • sugars 17g • fibre 11g • protein 17g • salt 1.7g

Shoot director SALLY WILLIAMS | Food stylist SOPHIE GODWIN

Sausages with herby white beans

SERVES 3 **PREP** 10 mins **COOK** 25 mins **EASY**

Roast **8 sausages** at 200C/180C fan/gas 6 until golden brown, around 20-25 mins. Meanwhile, fry **1 chopped onion** in **1 tbsp olive oil** with some seasoning for around 5 mins. Add **4-5 anchovies** and **1 tbsp of capers**, then tip in **2 x 400ml cans of cannellini beans**, drained, and **400ml water**. Add **3 tbsp pesto** and cook for 10 mins. Season, squeeze over some **lemon** and serve with the sausages.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 624 kcals • fat 35g • saturates 10g • carbs 35g • sugars 7g • fibre 14g • protein 29g • salt 3g

BLT hot dog

SERVES 4 **PREP** 5 mins **COOK** 15 mins **EASY**

Mix **2 chopped tomatoes** with **1 tbsp chopped coriander** and **juice of 1 lemon**, and season. Barbecue **4 sausages**, then put into **4 buns**, each with a few **Little Gem lettuce leaves** and **rasher of fried streaky bacon**. Top each with the chopped tomato mix and a **squeeze of mayo**.

PER SERVING 425 kcals • fat 27g • saturates 6g • carbs 28g • sugars 3g • fibre 3g • protein 16g • salt 2g



Sausage, gherkin & pickled onion toad-in-the-hole

SERVES 3-4 **PREP** 5 mins **COOK** 40 mins **EASY**

Tip **6 sausages** into a small roasting tin with **2 red onions**, cut into wedges, and some seasoning. Drizzle with **olive oil** and roast at 220C/200C fan/gas 7 for 10-15 mins, shaking halfway. Meanwhile, whisk **140g plain flour** with **3 eggs**, **300ml milk**, **1 tsp English mustard** and some seasoning. Pour over the sausage-onion mixture. Scatter a **handful of drained gherkins** and **mini pickled onions** into the mixture and bake for 25 mins.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING 552 kcals • fat 30g • saturates 11g • carbs 44g • sugars 11g • fibre 6g • protein 22g • salt 1.6g

Posh sausages & beans

SERVES 4 **PREP** 5 mins **COOK** 15 mins **EASY**

Fry **4 sausages** for 10-12 mins until golden. Meanwhile, fry **1 chopped onion** in **1 tbsp olive oil** until softened, add **1 tsp smoked paprika** and **1 crushed garlic clove**, cook for 2 mins, then pour in **200ml passata**. Tip in **400g can butter beans** with the liquid from the can. Add **1 tsp sugar** and **1 tsp vinegar**. Slice the sausages and add to the beans, then season and simmer for about 5 mins. Serve on toast.

GOOD TO KNOW calcium • 2 of 5-a-day
PER SERVING 238 kcals • fat 13g • saturates 4g • carbs 17g • sugars 7g • fibre 6g • protein 10g • salt 0.7g

Full English crumpets

SERVES 3 **PREP** 5 mins **COOK** 15 mins **EASY**

Put **3 sausages**, sliced in half lengthways, alongside **6 rashers of streaky bacon** on a baking sheet. Grill for 10 mins. Meanwhile, heat a **410g can baked beans**, **splash of tabasco** and **Worcestershire sauce** along with a **pinch of smoked paprika**. Add **1 tbsp butter** and season. Fry **3 eggs** in **1 tbsp butter**. Divide the bacon, sausages and beans between **3 toasted crumpets**, top each with a fried egg, spread with your choice of **sauce** and top each with another toasted crumpet.

GOOD TO KNOW calcium • folate • fibre • iron • 1 of 5-a-day
PER SERVING 712 kcals • fat 35g • saturates 12g • carbs 58g • sugars 9g • fibre 10g • protein 37g • salt 5.6g

ready in 30

easiest ever midweek meals

Our week's worth of meals for two are full of healthy goodness and ready in half an hour or less – enjoy!

recipes ELENA SILCOCK *photographs* STUART OVENDEN

Light meatballs & spaghetti

SERVES 2 **PREP** 10 mins **COOK** 20 mins **EASY**

2 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, crushed
1 tsp fennel seeds
250g beef mince
large handful parsley, leaves chopped, stalks finely chopped
1 large courgette, peeled into ribbons all around the edge, centre grated or finely chopped
200g spaghetti
½ lemon, zested and juiced
grated parmesan, to serve



1 Heat ½ tbsp of the olive oil in a large frying pan over a medium heat. Add the onion and soften for 5 mins, then add the garlic and fennel and cook for 2 mins longer. Tip into a bowl. Add the beef mince, parsley stalks and grated courgette to the bowl, season well, mix, and shape into 10 meatballs. Heat the remaining oil in the frying pan, add the meatballs and fry for 5-8 mins, turning occasionally, until golden brown and cooked through. Set the pan aside.

2 Bring a pan of salted water to the boil and cook the spaghetti for 1 min less than pack instructions. Using tongs, transfer the pasta to the pan of meatballs, sloshing in some of the cooking water as you go. Add the courgette ribbons to the pan and put it back over the heat. Toss the pasta and meatballs with the courgette ribbons in the pan with a ladleful of pasta water and add the lemon juice. Season well, tip into bowls and scatter over the chopped parsley leaves, lemon zest and a generous grating of parmesan.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 726 kcals • fat 25g • saturates 6g • carbs 82g • sugars 8g • fibre 7g • protein 39g • salt 0.2g

Serve up a lighter favourite



Steak & aubergine salad

SERVES 2 **PREP** 10 mins **COOK** 15 mins **EASY**

1 aubergine, halved lengthways, cut into thin slices
2 tbsp flour
3½ tbsp olive oil
1 sirloin steak
100g lamb's lettuce
50g feta, cut into cubes

For the dressing
1 green chilli, halved and chopped
½ lemon, juiced
½ small pack coriander, plus extra leaves to serve
½ small pack mint, plus extra leaves to serve

1 Dust the aubergine slices in the flour, mixed with some seasoning. Heat 2 tbsp of the olive oil in a large frying pan until shimmering. Add the aubergine to the pan and fry for a few mins on each side until collapsing and soft, then set aside. Turn up the heat, season the steak, then add to the pan, fry for 2 mins on each side for rare (longer if you want it medium). Set aside to rest for 5 mins, then slice.

2 Blitz the remaining olive oil in a blender or small food processor with the rest of the dressing ingredients and a splash of water. When ready to serve, mix half the dressing with the lamb's lettuce, then tip onto a plate. Top with the crispy aubergine and steak, crumble over the feta, then drizzle over the remaining dressing. Scatter over the remaining herbs and serve.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 455 kcals • fat 30g • saturates 9g • carbs 20g • sugars 4g • fibre 6g • protein 23g • salt 0.7g

Tomato soup with cheese & Marmite toast

How to combine that epic combination of tomato soup and a cheese toastie.

SERVES 2 **PREP** 10 mins **COOK** 15 mins
EASY V

For the soup
1 tbsp olive oil
1 medium onion, roughly chopped
1 tsp dried oregano
1 garlic clove, chopped
1 small bunch basil, leaves picked
400g can plum tomatoes

For the toast
2 slices of crusty bread, toasted
2 tsp Marmite
50g parmesan or vegetarian alternative, grated

1 Heat the oil in a saucepan over a medium heat, add the onion with a big pinch of salt and cook until softened, around 5 mins. Add the oregano, garlic and basil and cook for 1 min longer, then tip in the plum tomatoes. Fill the can halfway up with water and add to the pan. Leave to simmer for 10 mins, then blitz with a hand blender. Season.
2 Meanwhile, heat the grill to high. Spread the toast with Marmite, then top with grated parmesan, put onto a baking sheet and grill for 3-5 mins until golden. Spoon the soup into two bowls and top with the slices of cheesy Marmite toast. Grind over some black pepper to serve.

GOOD TO KNOW calcium • folate • 2 of 5-a-day
PER SERVING 388 kcals • fat 14g • saturates 6g • carbs 41g • sugars 13g • fibre 5g • protein 21g • salt 1.9g





Mexican salmon salad

SERVES 2 **PREP** 10 mins **COOK** 20 mins
EASY

2 tortillas
2 tbsp olive oil
½ tsp ground coriander
3 tbsp Greek yogurt
1 tsp smoked paprika
2 salmon fillets
1 lime, zested and juiced
2 Little Gem lettuces, separated into leaves
198g can sweetcorn, drained
½ small pack coriander, roughly chopped
300g pack cherry tomatoes, halved

1 Heat oven to 200C/180C fan/gas 6. Cut the tortillas into triangles using scissors, then toss in 1 tbsp of the oil and the ground coriander, season, then tip onto a lined

Potato skin tacos

SERVES 2 **PREP** 15 mins **COOK** 15 mins **EASY** V

2 baking potatoes
1 avocado, halved and sliced
½ red onion, halved and finely sliced
1 lime, juiced
1 tbsp olive oil
75g cheddar, grated
2 tsp fajita spice mix
2 spring onions, finely sliced
½ small pack coriander, leaves picked and stalks finely chopped
soured cream, to serve

1 Heat grill to high. Prick the potatoes with a fork and microwave on high for 5-10 mins until soft. Meanwhile, toss the avocado and red onion with the lime juice and half the oil. Once the potatoes have cooked, slice in half and scoop out the flesh into a bowl. Drizzle the skins with the remaining olive oil and grill for 5-10 mins to crisp up.
2 Mash the potato with the cheese, fajita spice mix, most of the spring onions and coriander stalks. Once the potato skins have crisped up, remove from the grill and spoon the filling into them. Top with the coriander leaves, remaining spring onions and the soured cream, and serve with the avocado and onion salad.

GOOD TO KNOW calcium • fibre • 2 of 5-a-day
PER SERVING 478 kcals • fat 33g • saturates 12g • carbs 27g • sugars 4g • fibre 7g • protein 14g • salt 1.3g

Load up hot potato skins with cheese & onions

baking sheet and bake for 8-10 mins, turning halfway, until crisp. Set aside to cool. Heat the grill to high.
2 Mix the yogurt with the smoked paprika and some seasoning, then spoon the yogurt mixture over the salmon. Place fillets on the same baking sheet lined with parchment and put under the grill for 8-10 mins until it's blackening in places, and flakes into big chunks.
3 While the salmon is cooking, whisk the remaining olive oil with the lime zest and juice to make a dressing, season, then toss the remaining salad ingredients in the dressing. Tip onto a plate and top with the salmon chunks and tortilla chips and serve.

GOOD TO KNOW calcium • folate • fibre • vit c • omega 3 • 3 of 5-a-day
PER SERVING 739 kcals • fat 39g • saturates 11g • carbs 55g • sugars 18g • fibre 11g • protein 36g • salt 1.2g

New idea for salad

Red pepper & bean tikka masala

SERVES 2 **PREP** 10 mins **COOK** 20 mins **EASY** V

1 tbsp vegetable oil
1 onion, chopped
2 red peppers, deseeded and cut into strips
1 garlic clove, crushed
thumb-sized piece of ginger, grated
1 red chilli, finely chopped
½ tbsp each garam masala and curry powder
1 tbsp tomato purée
415g can baked beans
½ lemon, juiced
rice and coriander, to serve

1 Heat the oil in a saucepan over a medium heat, add the onion and red peppers with a pinch of salt and fry until softened, around 5 mins. Tip in the garlic, ginger and red chilli along with the spices and fry for a couple of mins longer.
2 Spoon in the tomato purée, stir, then tip in the baked beans along with 100ml water. Bubble for 5 mins, then squeeze in the lemon juice. Serve with the rice and scatter over the coriander leaves.

GOOD TO KNOW vegan • low fat • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 332 kcals • fat 7g • saturates 1g • carbs 45g • sugars 22g • fibre 16g • protein 14g • salt 1.4g

Low cal and 2 of your 5-a-day

Trusty baked beans are used in this Indian dish



Sea bass & artichoke salad

SERVES 2 **PREP** 5 mins **COOK** 15 mins **EASY**

100g couscous
175g pack chargrilled artichokes, roughly chopped
½ tsp Dijon mustard
1½ tbsp olive oil
½ small pack dill, leaves finely chopped
½ small pack parsley, leaves finely chopped
1 lemon, zested and juiced
2 large handfuls watercress
2 sea bass fillets

1 Cook the couscous following pack instructions, then mix with the artichokes. Whisk the mustard with the oil from the artichoke pack, along with ½ tbsp olive oil. Then add it to the couscous. Toss the herbs into the salad, along with the lemon zest and juice, some seasoning and the watercress.
2 Heat the remaining oil in a large, non-stick frying pan over a medium-high heat. Season the sea bass skin, then place it, skin-side down, in the oil. Use the back of a fish slice to hold the fish down as it will start to curl up a bit. Once the flesh is nearly all opaque, around 3 mins, flip over and cook for 1 min more. Divide the salad between two plates and place the fish on top.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING 659 kcals • fat 35g • saturates 6g • carbs 42g • sugars 2g • fibre 6g • protein 40g • salt 2.1g

Coronation chicken pilaf

SERVES 2 **PREP** 5 mins **COOK** 20 mins **EASY**

1 tbsp vegetable oil or ghee
1 onions, finely sliced
4 skinless and boneless chicken thighs, cut into quarters
2 tbsp korma paste
250g pouch basamati rice
50g Greek yogurt
½ small pack mint, leaves finely chopped, plus extra to serve
½ tbsp mango chutney
pomegranate seeds and toasted flaked almonds, to serve

1 Heat the oil or ghee in a frying pan over a medium heat, add the onions and cook until starting to soften, around 5 mins. Add the chicken thighs and fry until golden and nearly cooked through, around 8-10 mins.
2 Tip in the korma paste and stir to coat, then tip in the rice pouch, along with a splash of water, stir again to coat everything in korma paste. Turn up the heat and add the yogurt, mint, mango chutney and some seasoning, then allow to sit for 2-3 mins – you want the base to catch a bit so it gets crispy. Take off the heat and top with pomegranate seeds, flaked almonds and a few mint leaves to serve.

GOOD TO KNOW iron • 1 of 5-a-day
PER SERVING 538 kcals • fat 23g • saturates 5g • carbs 49g • sugars 9g • fibre 3g • protein 32g • salt 1.3g



Shoot director CHERRY FERMOR | Food stylist ELENA SILCOCK | Stylist SARAH BIRKS

fruity favourites

porridge toppers

Jazz up your morning oats with one of these tempting topping ideas

recipes CASSIE BEST *photographs* EMMA BOYNS



Banana colada

SERVES 2 PREP 5 mins COOK 5 mins EASY V

Make your porridge (use **coconut milk** for an extra-tropical taste). Split **a banana** lengthways and place one half on top of each bowl of porridge. Squeeze over **a little lime juice** and top with **a spoonful of coconut yogurt**, **toasted coconut shavings** and a **maraschino or glacé cherry**.

GOOD TO KNOW gluten free
PER SERVING 218 kcals • fat 17g • saturates 15g • carbs 12g • sugars 10g • fibre 3g • protein 3g • salt 0.1g



Maple squash, bacon & blueberry

SERVES 4 PREP 5 mins COOK 30 mins EASY P

Heat oven to 200C/180C fan/gas 6. Toss **200g frozen chopped butternut squash** with **2 tsp vegetable oil, ½ tsp ground cinnamon** and **a pinch of salt**. Roast on a parchment-lined tray for 25 mins. Crumble **4 rashers crisp, streaky bacon** (the ready-cooked kind) over the squash, add a large **handful of blueberries** and drizzle with **2 tbsp maple syrup**. Return to the oven for 5 mins until the squash is caramelised and the blueberries look plump and juicy. Meanwhile, make your porridge. Top with the squash, bacon and blueberries, and drizzle with a little extra maple syrup.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 143 kcals • fat 7g • saturates 2g • carbs 14g • sugars 8g • fibre 1g • protein 6g • salt 0.9g



Plum, raisin & granola

SERVES 2 **PREP** 5 mins
COOK 25 mins **EASY** V

Heat oven to 180C/160C fan/gas 4. Halve and stone **2 plums**. Place cut-side up in a small dish and drizzle with **1 tbsp honey** and **2 tbsp water**. Bake for 15 mins. Mix **30g porridge oats** with **1 tbsp honey**, **2 tsp vegetable oil**, **½ tsp ground cinnamon**, **a pinch of salt** and **a small handful of raisins**. Squash together to make clumps (like a crumble mixture), then scatter over the plums. Return to the oven for another 15 mins. Meanwhile, make your porridge. Top the porridge with the granola and baked plums, then drizzle over any excess juice from the dish.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 212 kcals • fat 4g • saturates none • carbs 39g • sugars 29g • fibre 3g • protein 2g • salt 0.1g



Vanilla poached pears with almond butter

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY** V

Peel, halve and core **2 small pears**. Mix **100g caster sugar**, the **juice of ½ a lemon** and **200ml water** in a small saucepan. Halve **a vanilla pod** and scrape the seeds into the pan, then add the pod (alternatively, use **1 tsp vanilla bean paste**). Heat until the sugar has dissolved. Add the pears and cover the surface with a circle of baking parchment (this will ensure the pears cook through evenly). Cook for 15-20 mins until the pears feel soft when poked with a knife. Leave to cool. *Can be kept chilled in the liquid for up to one week.* Meanwhile, make your porridge. Mix **1 tbsp almond butter** with enough poached pear liquid to form a drizzling consistency, then spoon over the porridge and top the bowls with the pears. Scatter with **toasted flaked almonds**.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 208 kcals • fat 11g • saturates 1g • carbs 19g • sugars 19g • fibre 3g • protein 5g • salt none



ridiculously easy

paella

A quick-fix recipe that delivers impressive results by Orlando Murrin

photographs TOM REGESTER

Paella is easier to make than risotto – for one thing, no need for all that stirring – and much more satisfying on a winter's evening. I have no hesitation in presenting a version that is so straightforward and foolproof that you could pretty much make it in your siesta: the whole operation is done in the oven, in one baking dish.

This is an extremely flexible dish, and it's easy to adapt according to what you have in the fridge, and the family's preferences. You can scale it up or down (timings remain the same), and dial up or down the luxury (by which I mean the saffron and prawns). Serve it piping hot from the baking dish, just as it is, or with crusty bread and a salad.

That being said, two things matter: you need to use paella rice – no other will do – and don't skimp on the chorizo. Paella is best eaten straight away, hot from the oven – reheating is inclined to make it stodgy.

Paella in the oven

SERVES 4 easily halved or doubled **PREP** 20 mins **COOK** 45 mins **EASY**

400g can chopped tomatoes
600ml chicken stock
1 tsp smoked paprika
good pinch of saffron
1 onion, chopped
1 garlic clove, crushed or finely chopped
2 tbsp olive oil
300g paella rice
4 chicken thighs (skin on or boneless), cut in half
200g chorizo, sliced
150g raw king prawns, leave the shell on a few if you prefer
good handful of frozen peas
1 lemon, quartered (optional)

1 Heat oven to 220C/200C fan/gas 8. Put the chopped tomatoes (including their juice), stock, paprika and saffron in a large heatproof jug or bowl and microwave for about 5 mins on high until steaming hot.
2 Tip the onion and garlic into a generous roasting tin or ovenproof dish, drizzle over the oil and mix to coat. Cook in the oven for 20 mins until beginning to brown.
3 Stir in the rice, chicken, chorizo and hot stock mixture, season well and return to the oven for 20 mins (don't cover).
4 Stir in the peeled prawns and peas, dot any shell-on prawns on top, and return to the oven for 5-10 mins until the rice, chicken and prawns are cooked through. If serving with lemon, a nice touch is to pop the lemon slices on top of the paella for the last 5 mins of cooking, to make them hot and juicy. Check the seasoning and serve at once.

GOOD TO KNOW fibre
PER SERVING energy 642 kcals • fat 25g • saturates 10g • carbs 68g • sugars 4g • fibre 6g • protein 34g • salt 2.8g



Orlando Murrin, food writer and former *Good Food* editor, has run gastro-hotels in France and Somerset. @OrlandoMurrin

gf customise it...

- If you have 250g cherry tomatoes to hand, cook them with the onions in step 2, omit the can of tomatoes and increase the stock to 1 litre.
- You can spice up this dish by adding a good pinch of chilli flakes to the stock, and if you have fresh herbs to hand, add chopped rosemary in step 3.
- If you're feeling ritzy, finish this dish by stirring in a slug of dry sherry and a good knob of butter just before serving.
- Mussels fans can add a handful of scrubbed mussels as well as or instead of the prawns. Discard any that don't open.



Shoot director MIRIAM NICE | Food stylist ESTHER CLARKE | Stylist LUIS PERAL



Where did this recipe come from?

This might not be what someone from Spain would call paella, but then the Spanish themselves say that there are as many ways to make paella as there are cooks in Spain. Some swear it is a fish dish, others that it must contain rabbit, chicken, or snails. According to who you ask, it should be cooked by a man, or over a fire – or eaten under a fig tree.

cassie's simple solutions

one-pot for all

Cassie Best solves your midweek dinner dilemmas with simple recipe ideas

photograph EMMA BOYNS



Welcome to this new feature, where I'll offer up an easy recipe and some tips and tricks to help make your mealtimes less stressful. As a working mum with a toddler, I know how tricky it is to get something quick and healthy on the table after a hard day at work, or out with the kids. Getting them to eat the dinner you've lovingly (or as is more often the case, haphazardly) cooked, is another battle altogether. But when it all works out, dinner's on the table, and they're tucking in enthusiastically, there's no better feeling.

the dilemma

With after-school clubs, play dates and work commitments, we all end up eating at different times. How can I avoid cooking three separate meals?

the solution

Make a one-pot to suit all. The main element of this recipe, the smoky BBQ pork, can sit happily on your hob for a few hours, ready for dinner whenever your clan needs it. It's easily adapted to suit everyone's tastes and can be made and frozen ahead, too.

Smoky BBQ pork buns with crushed avocado

SERVES 4-6 **PREP** 5 mins
COOK 1 hr 15 mins **EASY** ❄ P

1 tbsp olive or rapeseed oil
2 tsp fennel seeds
500g pork mince
2 tsp sweet paprika
2 x 390g cartons passata with onion and garlic
100g good-quality barbecue sauce (we used Stokes)
400g can pinto or black beans, drained
2 ripe avocados
1 lime, juiced
4-6 rolls or a French stick and grated cheddar, to serve

1 Heat the oil and fennel in a pan for about 1-2 mins until sizzling. Add the pork and fry until starting to brown in places, breaking it up with your spoon as it cooks. Add the paprika, passata and some seasoning. Cover the pan with a lid and simmer gently for 30 mins, then cook with the lid off for another 15 mins, until the mince has broken down and the sauce is thick. Stir through the barbecue sauce and add the beans, then cook for 1 min until warmed through. Turn the heat off but leave on the hob for up to 3 hrs. *Can be chilled for up to two days, or frozen for up to two months. Reheat individual portions in the microwave or in a smaller pan.*

2 Halve the avocados and scoop the flesh into a bowl. Add the lime juice and some salt. Squash the avocados in your palms through your fingers to make a chunky crushed guacamole consistency – this is a great job for kids. If you don't want to use your hands, use a fork instead. Cover the surface directly with cling film to prevent it from browning. *Can be chilled in the fridge for up to a day.* Serve the pork mince piled into buns or with a French stick, with the avocado and some grated cheese.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING (6) 468 kcals • fat 22g • saturates 6g • carbs 39g • sugars 11g • fibre 7g • protein 25g • salt 1.1g

Top tips

On the go?
Wrap the buns in foil and tuck in – they'll stay warm for 30 mins if well wrapped. Just don't forget the napkins!

Cooking for little tums?
Smaller children who are eating solid foods may find it easier to eat the pork mince mixed with rice. If you're at the weaning stage and your baby is on purées, scoop out a few spoonfuls of the mince before adding the barbecue sauce and seasoning, and purée it with some of the beans.

Fussy eaters?
Warm the beans through with a few spoonfuls of the mince and serve separately for those who like them.

Adult flavours
Serve pickled jalapeños on the side for those who like a little heat.



Shoot director GARETH JONES | Food stylist MYLES WILLIAMSON











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WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



4 WAYS WITH CROISSANT FILLERS, p52



DIANA HENRY'S STAR INGREDIENT - SOY SAUCE, p54



EPIC SPRING TARTS, p41

gf

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Epic tarts



We're not talking quiches, and there won't be any soggy bottoms around here. These new ideas use a variety of gorgeous vegetables on a mixture of bases, none of which need blind-baking. Perfect for a holiday gathering, lunch with friends or a family supper *recipes* CASSIE BEST *photographs* EMMA BOYNS

Spring tarts with watercress salsa verde & whipped lemon feta

Transform a sheet of shop-bought pastry into this stunning tart, piled with beautiful vegetables. This recipe makes two tarts, perfect for a party, or you can halve the recipe and stash the excess pastry in the freezer for another day.

MAKES 2 tarts (each serves 4)
PREP 20 mins **COOK** 30 mins
EASY

320g sheet ready rolled all-butter puff pastry
1 egg yolk, to glaze
handful baby carrots (about 8), peeled and any fat ones halved
handful radishes (about 10), halved
olive or rapeseed oil, for drizzling
bunch of thin-stemmed asparagus (about 16), woody ends trimmed
handful sugar snap peas (about 16)
100g fresh or frozen garden peas
For the whipped lemon feta
200g block feta
250g tub mascarpone
1 lemon, zested
5 tbsp milk
For the watercress salsa verde
80g watercress
small bunch parsley
1 small garlic clove
1 tbsp capers
3 anchovy fillets (optional)
1 tsp Dijon mustard
1 lemon, juiced
100ml extra virgin olive oil, plus extra for drizzling



Use just the egg yolk to glaze for a glossier finish

1 Heat oven to 200C/180C fan/gas 6. Unroll the pastry but leave it on the parchment, then transfer it to a baking tray. Brush egg yolk all over. Trim the edges with a large, sharp knife – this will give you a neater finish but isn't essential. Cut the pastry in half lengthways, and move the pieces apart so they have a little space to puff up as they cook. Score a border about 1cm from the edge of the pastry, all the way around, then cut slashes across the centre to prevent it from puffing too much. Be careful not to score the border.
2 Toss the carrots and radishes in a little oil and a sprinkling of salt in a small roasting tin. Put the pastry on the top shelf of the oven and the veg on the middle one, and cook for 25 mins, or until the pastry is golden and has a crisp base, and the veg are starting to soften. Leave to cool while you make the lemony feta.
3 Crumble the feta into a bowl, add the mascarpone, lemon zest and milk and blend using an electric hand whisk until smooth. Chill until needed. To make the salsa, put all the ingredients in a small hand processor and whizz to a pesto consistency. *This will keep in the fridge for a few days.*
4 Bring a pan of water to the boil, and have a bowl to hand filled with cold water and some ice. Add the

Mix up the toppings

1 Asparagus & prosciutto

Cook a few slices of prosciutto under the grill until crispy. Top the tart with lots of thin asparagus stems, then crumble over the prosciutto and finish with some basil.

2 Carrot & hazelnut

Toast a handful of blanched hazelnuts in a dry pan until they smell nutty. Top the tart with lots of roasted baby carrots and scatter over the hazelnuts.

3 Pea & mint

Use 200g peas to top the tart, and replace the watercress with a big bunch of mint. Lots of fresh lemon zest will top it off nicely.



asparagus to the boiling water and cook for 1-2 mins until bright green but still crunchy. Use a slotted spoon to scoop out and plunge straight into the iced water. Do the same with the sugar snaps, and finally the peas, draining these in a sieve, then cool in the ice water with the other veg.

5 Spread the whipped feta over the bases, top with the veg (you can mix them up or keep the roasted veg on one tart and the green veg on the other, if you like), then drizzle with salsa verde and a little oil. *Best served within an hour or two, but leftovers will keep for a day in the fridge.*

GOOD TO KNOW 1 of 5-a-day
PER SERVING 438 kcals • fat 36g • saturates 17g • carbs 17g • sugars 4g • fibre 3g • protein 9g • salt 1g

Cutting the pastry after applying egg wash ensures the layers don't stick together and gives you maximum puff


This tart is gluten free, just check the sausages and stock cubes as some brands may contain gluten
Find taleggio cheese in larger supermarkets, Italian delis or online. If you can't find it, use mozzarella

Chicory, sausage & black olive polenta tart

This tart uses quick-cook polenta for the base, and if you've never used it before you might be surprised at how quickly it thickens. Once poured onto your baking tray, it will set to make a firm base for your tart. You can also cut it into chips for deep frying – delicious with a steak.

SERVES 4-6 PREP 10 mins
COOK 35 mins EASY

1 orange, zested and juiced
2 tsp honey
2-3 red chicories, halved
olive or rapeseed oil
1 chicken or vegetable stock cube
200g quick-cook polenta
200g taleggio cheese, thinly sliced and broken into smaller pieces
4 good-quality Italian sausages
handful black olives, pitted and halved or squashed
good pinch dried chilli flakes

1 Put the orange juice and honey in a large frying pan and bubble until reduced to a sticky glaze. Add the chicory and cook for 2 mins, turning once in the glaze until it just starts the soften, then leave in the pan to cool. Once cooled, cut each chicory in half again. Heat oven to 200C/180C fan/gas 6 and boil the kettle. Line a large baking sheet with parchment and oil it lightly.

2 Crumble the stock cube into a large pan and add 1 litre hot water from the kettle. Bring the water back to the boil, then quickly pour in the polenta and cook for 5 mins, whisking the whole time. It will be really thick once cooked. Tip the polenta onto the baking sheet and spread out to make the tart base, it should be about 2-3cm thick.

3 Top with the cheese, arrange the chicory pieces on top in a fan, then crumble small chunks of sausage around them, discarding the skins. Add the olives, chilli, orange zest, a good drizzle of olive oil and some seasoning. Bake for 20 mins, then turn the grill on for a final few mins until the sausages are browned and the polenta is starting to crisp. Leave to stand for a few mins, then serve warm.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING (4) 432 kcals • fat 33g • saturates 15g • carbs 14g • sugars 5g • fibre 2g • protein 19g • salt 3.8g

Left to go cold and chopped into squares, this makes perfect picnic nibbles

Broccoli & cauliflower cheese galette with hazelnut spelt pastry

If you hate lining and blind-baking pastry cases, a galette is the tart for you. The rustic shaping is all part of its charm, so don't fuss over perfect edges too much. The spelt and hazelnut in the pastry gives it a short texture, so handle with care, and add a drizzle more water if you need to.

SERVES 8 **PREP** 25 mins plus resting and chilling **COOK** 1 hr
MORE EFFORT V

For the pastry
80g hazelnuts, roughly chopped
120g spelt flour
130g plain white flour, plus extra for dusting
130g cold butter, cubed
1 egg, beaten

For the filling
6 spears Tenderstem or purple sprouting broccoli, split lengthways if very thick
½ cauliflower, cut into 1cm steaks, then into chunks, plus a few of the leaves roughly chopped
1 tbsp olive or rapeseed oil
50g butter
50g flour (spelt or plain white is fine)
200g crème fraîche
150g extra mature cheddar, grated
1½ tsp Dijon mustard
1 egg, plus 1 yolk

1 Heat oven to 200C/180C fan/gas 6. Put the hazelnuts in a small roasting tin and roast for a few mins until starting to deepen in colour and smell nutty. Tip into a bowl and leave to cool completely, then chill until needed. You could do this step the night before to ensure they're nice and cold.
2 Use the same roasting tin to roast the broccoli and cauliflower (without the leaves), tossed in a little oil for 10 mins until starting to soften and char in places. To make the sauce, melt the butter in a pan over a medium heat, then add the flour, crème fraîche, cheese, mustard and some black pepper. Set back over the heat, whisking continuously until smooth and thick, and the cheese has melted. Cover the surface with cling film (to prevent a skin from forming) and set aside to cool.
3 Tip most of the nuts into a food processor, reserving 8-10 for the top. Pulse briefly until finely chopped. Add the flours and ½ tsp salt, and whizz again until combined. Add the butter and continue pulsing until the mixture resembles breadcrumbs, then add the egg and 2-3 tbsp cold water and whizz until the mixture starts to form bigger clumps. Tip onto a work surface and knead briefly to bring the pastry together. Shape into a disc, wrap in cling film and chill for at least 20 mins. Heat oven to 200C/180C fan/gas 6 (if not already on) and line a large baking sheet with parchment.
4 When the cheese mixture has cooled, mix in the whole egg. On a lightly floured surface, roll out the pastry to a circle about the thickness of a £1 coin (don't worry if the edges look rustic, this is all a part of its charm). Transfer it to the baking sheet. Spread the cheese mixture over the pastry, leaving a border of about 2cm around the edge. Arrange the veg and leaves on top of the cheese sauce. Roughly chop and scatter over the remaining hazelnuts, then fold the sides of the pastry in to create a nice edge around the tart. Brush with the egg yolk and bake for 45 mins until the pastry is golden and crisp and the filling is bubbling. Eat warm.

PER SERVING 480 kcals • fat 37g • saturates 19g • carbs 23g • sugars 2g • fibre 3g • protein 12g • salt 0.7g



Charred broccoli and cauliflower give this tart a deeply savoury flavour

Make ahead, reheat and serve with a green salad for lunch



Hazelnuts add a sweet earthy flavour to the pastry. You could also try using almonds

Caramelised fennel, potato & lemon pissaladière

Pissaladière is a classic French bread-based tart, usually topped with caramelised onions, anchovies and black olives. I've replaced the onion with fennel, but you need to cook it in the same way as you would the onions; low and slow until sweet and meltingly tender. Slice the lemon nice and thin for the top. It will caramelise and add a deep citrussy flavour to the tart.

SERVES 8 **PREP** 20 mins plus at least 1 hr 30 mins resting **COOK** 1 hr
EASY ❄

For the base

350g strong white bread flour
½ tsp caster sugar
1 tsp fast-action dried yeast
1 tbsp olive oil, plus extra for the tin

For the topping

3 tbsp olive oil
2 x 80g jar anchovies in olive oil
3 large or 4 small fennel bulbs, halved and finely sliced
1 tbsp light brown sugar
½ tbsp balsamic vinegar
2 tsp fennel seeds
200g Jersey Royal new potatoes, sliced as thick as Dhs1 coins
1 small lemon, sliced as thinly as you can

1 Weigh the flour in a large bowl, or the bowl of a stand mixer. Add 1½ tsp salt, the sugar and the yeast and stir to combine. Pour in 200ml warm water and the oil and mix until you form a soft dough – it might feel a little sticky but don't be tempted to add more flour until it's been kneaded. Knead for 10 mins by hand, or 5-7 mins in a mixer (the dough will be less sticky and bouncier when it's ready). Put it back in a clean, oiled bowl, cover with a tea towel and set aside to rise for an hour or two (depending on the temperature in the kitchen.)

2 Heat the olive oil in a large frying pan or casserole dish. Add a good splash of the oil from one of the jars of anchovies too. Add the fennel, sugar, vinegar, fennel seeds and a splash water and cover the dish with a lid. Cook over a low heat for 10 mins, remove the lid and continue to cook, stirring every so often, until it's really soft and caramelised. This can take up to 30 mins so be patient. Remove from the heat and leave to cool.

3 Cook the potatoes in a pan of boiling water for 2-3 mins. You want them to just start softening, but not cook all the way through. Drain and leave to steam-dry in the colander.

4 When the dough has doubled in size, tip it onto your work surface and give it a few kneads and folds to knock out some air. Oil a large roasting tin (ours was 24cm x 38cm) and roll the dough out to almost fill it, leaving a little space for it to rise. Spread the cooked fennel over the dough, leaving a little border around the edge. Arrange the anchovy fillets in a diamond pattern on top, then fill the spaces with overlapping slices of potato and lemon. Sprinkle the potatoes and lemon with some sea salt and the whole tart with black pepper, then drizzle generously with the remaining oil from one of the anchovy jars. Cover lightly with cling film and leave to rise for another 30 mins-1 hr until the dough has puffed up and filled the tin. Heat oven to 220C/200C fan/gas 7.

5 If you gently press the dough and it doesn't bounce back, it's ready. Bake for 25-30 mins. Serve warm, cold or reheated, cut into squares.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING 281 kcals • fat 7g • saturates 1g • carbs 43g • sugars 3g • fibre 5g • protein 9g • salt 1.9g



Shoot director MARTIN TOPPING | Food stylist JENNIFER JOYCE | Stylist JO HARRIS


Cook the fennel low and slow to draw out its natural sweetness
Look for unwaxed lemons as you'll be eating the whole thing, skin and all!
Jersey Royals are small, sweet and waxy – our favourite variety of new potato

Spring greens spanakopita

Eating your greens has never been so enjoyable! Seasonal spring greens are combined with creamy ricotta and herbs, then wrapped in crisp filo pastry, in this delicious tart.

SERVES 8 PREP 45 mins
COOK 55 mins MORE EFFORT V

500g spring greens, finely shredded, stalks and all
150g butter
2 tbsp olive oil
2 large leeks, halved, cleaned and finely sliced
4 garlic cloves, crushed
small pack parsley, chopped
small pack mint, chopped
½ small pack dill, chopped
¼ nutmeg, finely grated
250g ricotta
100g pecorino, parmesan or vegetarian alternative, finely grated
2 eggs, beaten
1 lemon, zested
270g pack filo pastry
3 tbsp sesame seeds (we used a mixture of black and white)



Scattering sesame seeds between the layers helps to keep them separate, so you'll get a good crunch

1 Bring a large pan of water to the boil, tip in the greens and cook for 1 min, then drain and leave in the colander to cool a little.
2 Melt 1 tbsp butter with the oil in a large pan. Add the leeks and a big pinch of salt, then stir over a medium heat until softened, about 8 mins. Add the garlic and cook for another min, then remove from the heat, tip into a large bowl and leave to cool.
3 Squeeze as much water out of the greens as you can; if you don't mind getting a tea towel dirty, the best way to do this is to pile them onto the clean towel, gather the corners and squeeze. Add the greens to the pan with the leeks, then stir in the herbs, nutmeg, cheeses, eggs, zest and seasoning. Heat oven to 200C/180C fan/gas 6.
4 You'll need a 23cm springform cake tin to assemble the tart in. Melt the remaining butter in a pan or the microwave and use some of it to grease the tin. Now you're ready to work with the filo. Have a clean tea towel to hand to keep the sheets covered as you work (it can dry out very quickly). Layer the sheets of filo in the tin, brushing each one really well with butter and leaving plenty of pastry hanging over the edge, to close the top with once filled. Scatter the sesame seeds between each layer of pastry as you go. Save a few sheets for the top. Once the tin is lined, fill with the greens mixture. Scrunch a few more sheets of buttery pastry on top and fold in the overhanging sheets to close the tart. Scatter any remaining sesame seeds on top and drizzle over the remaining butter.
5 Bake for 40-45 mins until deep golden brown (cover with foil if it starts to brown too much). Remove from the tin as soon as you can to help keep the pastry crisp. Serve warm or cold.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING 430 kcals • fat 30g • saturates 16g • carbs 22g • sugars 3g • fibre 5g • protein 15g • salt 1g

You can replace the spring greens with spinach (which is used in a classic spanakopita), if you like


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Satisfy a sweet tooth

Mincemeat & almond croissants

MAKES 4 **PREP** 10 mins **COOK** 20 mins **EASY** V

Heat oven to 200C/180C fan/gas 6. Beat **50g softened butter**, **50g golden caster sugar** and **50g ground almonds** with a **pinch of salt**. Add **½ tsp almond extract** and **1 egg** and mix until smooth. Split **4 croissants**, spread generously with the almond paste, and add a **spoonful of mincemeat** to the middle of each. Spoon a little more almond paste and mincemeat on top and sprinkle with **flaked almonds**. Bake for 15-20 mins until the filling is oozing out and set. Cool for 10 mins then dust heavily with **icing sugar**.

PER SERVING 577 kcals • fat 34g • saturates 13g • carbs 55g • sugars 33g • fibre 2g • protein 12g • salt 0.9

4 WAYS WITH...

croissant fillers

Turn a shop-bought croissant into something extra-special with these easy twists

recipes CASSIE BEST *photographs* EMMA BOYNS



Ham & cheese – upgraded

Prosciutto, cranberry & brie croissants

MAKES 4 **PREP** 5 mins
COOK 5 mins **EASY**

Heat the grill. Split **4 croissants**. Spread **cranberry sauce** on one of the cut surfaces of each half. Top with **prosciutto slices**. Arrange slices of **brie** to cover the cut surfaces of the other halves. Grill for a few mins to melt the cheese and crisp the prosciutto. Sandwich each croissant together with a **handful of rocket leaves**.

PER SERVING 432 kcals • fat 26g • saturates 14g • carbs 30g • sugars 9g • fibre 2g • protein 19g • salt 1.9g

Shoot director GARETH JONES | Food stylist MYLES WILLIAMSON | Stylist FAYE WEARS

Smoked salmon scramble croissants

MAKES 4 **PREP** 5 mins
COOK 10 mins **EASY**

Heat the grill. Split and lightly toast **4 croissants**. Meanwhile, melt a **knob of butter** in a frying pan. Beat and season **6 eggs** and scramble lightly in the pan. When the eggs are just cooked, but still soft, stir in **50ml double cream** and a small **handful chopped chives**. Fill each croissant with a few **slices of smoked salmon** and the creamy scrambled egg. Sprinkle with some **black pepper** and extra chopped chives.

GOOD TO KNOW omega-3
PER SERVING 502 kcals • fat 31g • saturates 14g • carbs 26g • sugars 4g • fibre 2g • protein 29g • salt 1.9g

A classic combination

Trust us – this works!

Bacon & banana stuffed French toast croissants

MAKES 4 **PREP** 5 mins
COOK 10 mins **EASY**

Split **4 croissants**. Stuff each one with a **couple of slices of crispy smoked bacon** and some **sliced banana**. Whisk **4 eggs**, **100ml milk** and **2 tsp maple syrup**. Dunk the croissants into the mixture, pressing them under the liquid until it's all been absorbed. Heat a **knob of butter** in a large frying pan. Cook the croissants for 3-4 mins on each side, pressing down with a fish slice to make sure the whole surface touches the pan. When cooked through, dust with **icing sugar** and serve with **maple syrup**.

PER SERVING 434 kcals • fat 23g • saturates 10g • carbs 37g • sugars 15g • fibre 2g • protein 18g • salt 1.5g

DIANA HENRY'S STAR INGREDIENT

SOY SAUCE

Get ready for an umami explosion with these mouth-watering new recipes from contributing food editor **Diana Henry**

photographs TOBY SCOTT

You can get any ingredient you want these days. Soy sauce, though, has had a place in our kitchens for decades. In the 1970s, when I started to get interested in what was in my mum's cupboards, I could find Fern's curry paste (rich and dark and smelling of spice and fruit) and soy sauce. The soy sauce was hardly ever used – though I tried to make egg fried rice one night, ending up with something like scrambled eggs with rice flecked through it – but it became familiar. At 15 I cooked chicken thighs with soy sauce and honey, a sticky moreish dish that I make to this day. Soy is addictively salty and beefy – umami in a bottle. When mixed with sweet ingredients, most of us find the resulting flavour irresistible.

Soy might be the exotic ingredient that broke through before all the others, but for ages I knew hardly anything about it. Made from fermented soy beans and wheat, its development started in China about 3,000 years ago. Early on it was a paste but it eventually became a sauce of which there are now several kinds. Here you most often find soy sauces from Japan and China (Japanese sauce is more prevalent – the ubiquitous Kikkoman brand is Japanese) but Asian shops also sell a thicker, sweeter kind from Indonesia called kecap manis (its sweetness comes from the addition of palm sugar).

In general, Japanese soy sauce is slightly sweeter than Chinese soy sauce and has a more rounded flavour; Chinese soy sauce has a saltier finish. There are also light and dark versions. When you see 'soy sauce' listed in the ingredients for a Chinese recipe the light version is assumed, the dark version (which is slightly sweeter because of the addition of molasses) will always be specified. You've probably heard of tamari too. That's a Japanese soy sauce made without wheat (or with only a small amount of wheat). It's ever so slightly thicker than regular soy sauce.

I used to buy soy sauce indiscriminately until I read about the many inferior products. There are plenty of chemically produced sauces made by processing soy protein and adding flavourings, corn syrup and salt. Read the label. The fewer ingredients in your soy sauce the better, and look for the term 'naturally brewed' too. I keep several types – light, dark, kecap manis, tamari – and am much more careful about what I buy. Anyone who wants to cook good Chinese or south-east Asian food takes soy sauce seriously. It doesn't have to be kept just for Asian cooking, though. Its salty beefiness is incredibly useful for adding to meaty braises and the combination of soy and butter? Try it. Salty, fatty heaven.



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *How to Eat a Peach* (Dhs120, Mitchell Beazley). @dianahenryfood

General Tso's chicken, p56





Mapo tofu

Even if you're not keen on tofu, give this a go. It's hot and really strongly flavoured. I like it so much I've been known to eat it for breakfast.

SERVES 4 **PREP** 15 mins **COOK** 15 mins **EASY**

450g tofu
3 tbsp groundnut oil
100g pork mince
2 tbsp Sichuan chilli bean paste
1½ tbsp fermented black beans, rinsed (optional)
2cm piece ginger, peeled and finely chopped
3 garlic cloves, chopped
200ml light chicken stock or water
1 tsp cornflour, mixed with 1 tbsp water
6 spring onions, sliced on the diagonal
1 tbsp Sichuan chilli oil (optional)
½ tsp Sichuan peppercorns, crushed
cooked white rice, to serve

1 Get all the ingredients ready before you start cooking and set them out in bowls. Drain the tofu and cut it into 1.5cm cubes. Put it in a bowl and cover with very hot water. Leave this while you get on with everything else.
2 Heat a wok and pour in the groundnut oil. Get this really hot and fry the pork until it's crispy. Remove with a slotted spoon but leave the oil behind.
3 Add the bean paste and cook, stirring for a few mins until fragrant, then add the black beans, ginger and garlic. Cook, stirring, for a min or so, then add the stock and let it bubble away.
4 Stir the cornflour and water into the mixture in the wok, drain the tofu and stir it into the sauce. Tip in the spring onions and the mince.
5 Add the chilli oil, if using, and sprinkle over the Sichuan peppercorns. The sauce shouldn't need seasoning with salt, as many of the ingredients are salty already. Serve with boiled white rice.

PER SERVING 310 kcals • fat 21g • saturates 4g • carbs 6g • sugars 2g • fibre 3g • protein 22g • salt 1g

General Tso's chicken

Not authentically Chinese at all, but a much-loved dish in Chinese restaurants in the States. It looks complicated but if you get all the various components ready, it's actually quite easy to make.

SERVES 4 along with other dishes **PREP** 15 mins
COOK 25 mins **A LITTLE EFFORT**

For the chicken
1 egg white
½ tbsp potato flour
2 tbsp dark soy sauce
500g boneless chicken thighs, cut into 4cm pieces

For the flour coating
50g cornflour
50g plain flour

For the sauce
1 tbsp tomato purée
2 tsp potato flour
1 tbsp dark soy sauce
2 tbsp light soy sauce
2 tbsp Chinese rice vinegar
1 tbsp caster sugar
6 Sichuan long dried chillies (if you can't get hold of these, 1 tsp chilli flakes works well)
1 tbsp groundnut oil
1 inch piece of ginger, peeled and very finely chopped
2 cloves garlic, finely chopped

To cook the chicken and to finish
1 litre groundnut oil
3 spring onions, finely chopped
3 tsp toasted sesame seeds

1 For the chicken, mix the egg white with the potato flour in a bowl, then add the soy sauce and the chicken. Turn the chicken over to coat it.
2 For the sauce, mix together the tomato purée, 2-3 tbsp water, potato flour, soy sauces, rice vinegar, and sugar and set this aside. Snip the chillies into 5cm lengths, discarding the seeds.
3 Heat the oil in a wok and cook the garlic, ginger and chillies over a medium heat until they're aromatic and beginning to soften, but not brown.
4 Mix the cornflour and plain flour for the coating with salt and pepper and tip into a broad shallow bowl. Working with one piece of chicken at a time, dip it in the flour mix and set the pieces onto a tray.
5 Pour enough oil into a deep pan to come 8cm up the sides. Heat until it reaches 200C (if you drop in a test piece of chicken, it should sizzle straight away). Carefully add half the chicken pieces and fry until they're crisp and golden – agitating the pieces to make sure they don't stick together – about 4 mins. Lift the pieces out with a slotted spoon onto a double layer of kitchen paper. Repeat with the rest of the chicken.
6 Heat the wok, add the sauce mixture to the garlic, ginger and chillies in there and cook, stirring, until the mixture bubbles and thickens. Add the chicken and half the spring onions and warm everything through. Serve with the sesame seeds and the rest of the spring onions scattered on top. This doesn't give you huge servings so it's best to offer another dish with it, as well as boiled rice.

PER SERVING 430 kcals • fat 18g • saturates 4g • carbs 34g • sugars 10g • fibre 1g • protein 30g • salt 3.1g

Shoot director BARNEY DESMAZERY | Food stylist ELLIE JARVIS | Stylist LUIS PERAL

Steak with soy-ginger butter

This recipe makes more butter than you need, but it's hard to work with smaller quantities. And it has many other uses – try it melted on fish or corn on the cob. I even like it on toast. Deliciously umami.

The method for cooking steak here might seem rather unorthodox but I learnt it from chef Neil Rankin (who knows a thing or two about cooking meat). He doesn't even rest the steaks.

SERVES 4 **PREP** 15 mins **COOK** 20 mins
EASY ❄ butter only

- 100g butter, at room temperature
- 4 spring onions, trimmed and finely chopped
- 1.5cm square piece of ginger, peeled and finely grated
- 2 tbsp soy sauce
- 2 tsp vegetable oil
- 4 x 250g steaks, about 3cm thick
- Asian greens such as pak choi and chips, to serve

1 Mash the butter with the spring onions ginger and soy, gradually working in the soy. You can leave it at room temperature or put it in the fridge to chill. Some people like to chill it a little, then shape it into a log and wrap it in baking parchment. You can then cut the butter into rounds. (I hate how long it takes for the cold butter to melt, so I prefer it at room temperature).
2 Heat oven to 140C/120C fan/gas 2 and put an empty roasting tin or a metal baking sheet large enough to hold all the steaks into it.
3 Heat a large frying pan (or 2 smaller ones) – use a cast iron one if you can – for 7-10 mins before you want to start cooking. Add a tiny bit of flavourless oil. When the pan smokes, it's ready for the steaks.
4 Add the steaks to the pan. Quickly hold the fat on each of them against the base of the pan to render a little fat and colour it, then lay the steaks flat and press down with your tongs. Season with salt and flip the steaks over frequently, moving them round the pan and making sure you can hear them sizzle. If the pan gets too hot, and the surface is getting too dark, turn the heat down (you want a good dark colour, but you don't want to burn it). Once the surface is well coloured – this should take about 4 mins – transfer the steaks to the hot sheet or tin in the oven. Finish cooking the steaks in the oven – 2 mins for rare steak, 5 minutes for medium-rare. Serve with a knob of the soy butter melting over the top, some Asian greens and chips.

GOOD TO KNOW iron
PER SERVING 515 kcals • fat 35g • saturates 17g • carbs 1g • sugars 1g • fibre 0.1g • protein 49g • salt 1g



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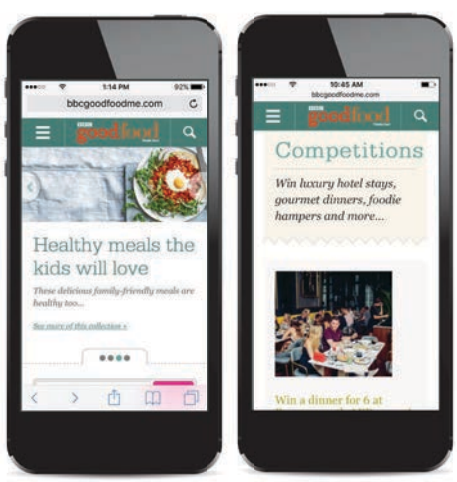
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For the Swiss, it's natural to take all the time in the world *to cultivate the ultimate in quality.*



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health news

This month, we share a recipe for a balanced breakfast and identify the foods likely to trigger migraines

FITNESS

Beetroot boost



The fitness world is full of 'go-faster' fads that promise to rev your engine and have you flying over the finish line. Beetroot juice is one of the few products with claims that have stood up to rigorous testing. 'Recent research has continued to show that dietary nitrates (in particular from beetroot juice) can be an endurance booster,' explains James Collins, elite performance nutritionist. 'They work by improving the efficiency of the muscles as the nitrates reduce the amount of oxygen required to produce energy.'

Your response to these potent compounds will be individual and James advises experimenting during training sessions to see if it's right for you. 'Half a litre of beetroot juice is about the right dose, or you can now buy handy shots that are more concentrated and often more palatable. Blood levels peak after two-three hours, so time your intake according to when you're looking to boost performance.'

Discover more of James' sports nutrition tips at *bbcgoodfoodme.com*

HEALTH HACK

Good gut feelings

If you suffer from bloating or indigestion, you'll know that what you eat – and when you eat it – can make a big difference to how you feel. Our Healthy Diet Plans promote good digestive health, with gut-soothing ingredients and easy to digest fibre. Here, registered nutritionist Kerry Torrens offers tips to improve your digestion...



EAT MINDFULLY
Make an effort to notice different textures and flavours and chew food properly – the first step in digestion. Being distracted by TV, laptops or phones means that you're more likely to eat absent-mindedly and feel unfulfilled when you finish your meal.

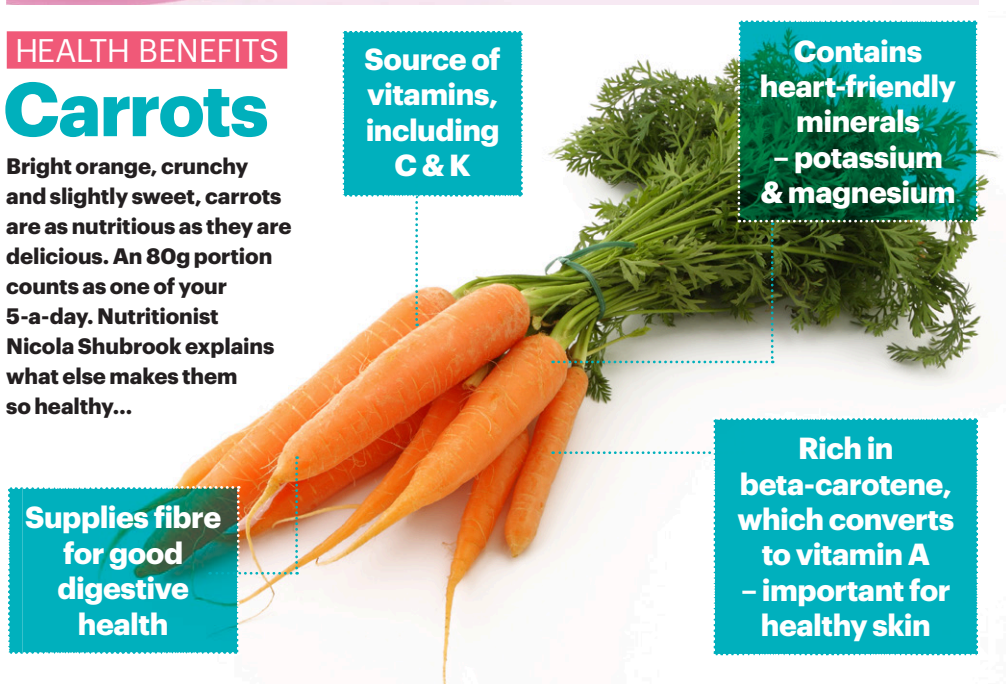
CHOOSE PROBIOTICS AND PREBIOTICS
Eat plenty of foods that supply good gut bacteria (probiotics) as well as the fuel these bacteria need to thrive (prebiotics). The peach & orange yogurt pots from our Healthy Diet Plan are perfect.

GO LIGHT AT NIGHT
If you're eating late, a lighter dinner can help you to satiate your hunger without feeling uncomfortably full, allowing you to more easily drift off to sleep. Try our curried chickpea wedges with tomato sambal or steamed trout with mint & dill dressing. Both are light and flavoursome.

HEALTH BENEFITS

Carrots

Bright orange, crunchy and slightly sweet, carrots are as nutritious as they are delicious. An 80g portion counts as one of your 5-a-day. Nutritionist Nicola Shubrook explains what else makes them so healthy...



Words SARAH LIENARD | Recipe photograph ROB STREETER | Shoot director RACHEL BAYLY | Food stylist SARA BUENFELD | Stylist SARAH BIRKS
Registered nutritionist KERRY TORRENS | Photographs GETTY IMAGES

3 recipes for

better sleep

Three quick, flavour-packed dinners that should help you on your way to a better night's rest

recipes SOPHIE GODWIN *photographs* ROB STREETER



Kimchi fried rice

Fermented foods such as kimchi help promote good gut bacteria, which support the sleep hormone, melatonin.

3 OF 5-A-DAY · LOW CAL · FIBRE

SERVES 2 **PREP** 10 mins **COOK** 10 mins **EASY** V

- 1½ tbsp cold-pressed rapeseed oil
- 1 garlic clove, sliced
- 1 thumb-size piece ginger, grated
- 200g Tenderstem broccoli, chopped
- 4 spring onions, thinly sliced
- 50g kimchi (we used Biona)
- 200g pouch wholegrain rice
- 2 carrots, cut into ribbons using a peeler
- 2 eggs
- 1 lime, ½ juiced, ½ as a wedge, to serve
- handful coriander
- hot sauce, to serve (optional)

1 Heat 1 tbsp of the oil in a large frying pan, add the garlic, ginger, broccoli and half the spring onions. Fry for 5-7 mins until softened, then add the kimchi and fry for a couple of mins more. Tip in the rice, breaking it up with the back of your spoon, then stir through the carrot. Cook for a min until all heated through, then push everything to the side of the pan.

2 Pour the remaining oil into the empty part of the pan, crack in the eggs, fry to your liking and season. Squeeze the lime juice over the rice and eggs, then scoop the rice into bowls. Top with the egg, coriander leaves, remaining spring onions and hot sauce, if using. Serve with lime wedges.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free

PER SERVING 372 kcals • fat 17g • saturates 3g • carbs 33g • sugars 9g • fibre 10g • protein 16g • salt 0.6g



Roasted new potato, kale & feta salad with avocado

Greens such as kale contain magnesium and calcium, both of which help you get a restorative night's sleep. Add in potassium-rich avocado to help you get an even better slumber.

HEALTHY FOLATE VIT C

SERVES 2 **PREP** 15 mins **COOK** 35 mins **EASY** V

200g Jersey Royal potatoes, halved
2 garlic cloves
2 tbsp cold-pressed rapeseed oil
1 lemon, juiced
1 banana shallot, chopped
200g bag kale
1 small ripe avocado, flesh scooped out
½ tsp Dijon mustard
25g feta (or vegetarian alternative), crumbled
½-1 tsp chilli flakes
1 tbsp pumpkin seeds, toasted

1 Heat oven to 200C/180C fan/gas 6. Boil the potatoes for 10 mins until mostly tender, drain, steam dry, then toss in a large roasting tin with the garlic, drizzle over 1 tbsp oil and season. Roast for 20 mins.
2 While the potatoes are roasting, squeeze ½ the lemon juice over the shallot and half of the kale, season, then massage gently to encourage the kale to soften.
3 Remove the garlic cloves from the oven. Put the rest of the kale on top of the potatoes, drizzle over a little oil, season and return to the oven for 5 mins until crisp.
4 Meanwhile, blitz the garlic, avocado, mustard, remaining oil and lemon juice together, add enough water to create a smooth dressing and season to taste. Mix the potatoes and cooked kale into the raw kale salad, tip onto a platter, drizzle over the dressing, then top with the feta, chilli flakes and pumpkin seeds.

GOOD TO KNOW healthy • folate • vit c • 2 of 5-a-day • gluten free
PER SERVING 418 kcals • fat 28g • saturates 5g • carbs 27g • sugars 3g • fibre 5g • protein 12g • salt 0.7g



Crispy paprika chicken with tomatoes & lentils

Chicken contains the amino acid tryptophan, which helps produce melatonin. Combining chicken with carbs, i.e. lentils, helps your body use it more effectively.

4 OF 5-A-DAY · IRON · CALCIUM

SERVES 2 **PREP** 10 mins **COOK** 20 mins **EASY**

2 chicken breasts
½ tsp smoked paprika
½ lemon, zested and juiced
1½ tbsp cold-pressed rapeseed oil
1 garlic clove
1 tsp fennel seeds
1 fennel bulb, sliced
400g can cherry tomatoes
1 tbsp sherry vinegar
200g pouch puy lentils
100g watercress
2 tbsp natural yogurt
handful of dill, leaves picked

1 Put the chicken breasts between two sheets of baking parchment and, using a rolling pin, roll to a 1cm thickness. Rub with the paprika, lemon zest, ½ tbsp oil, salt and pepper. Cover and set aside while you start the lentils.
2 Heat the remaining oil in a pan, add the garlic, fennel seeds and slices with a pinch of salt. Cook for 5 mins until starting to soften, then tip in the tomatoes, vinegar and lentils. Turn down the heat and leave to bubble away.
3 Heat another non-stick frying pan over a high heat, add the chicken breasts and cook for 7 mins, turning halfway until golden brown and cooked through. Add the watercress to the lentils and stir to wilt, then squeeze in the lemon juice. Slice the chicken then serve it alongside the lentils with a dollop of yogurt and dill.

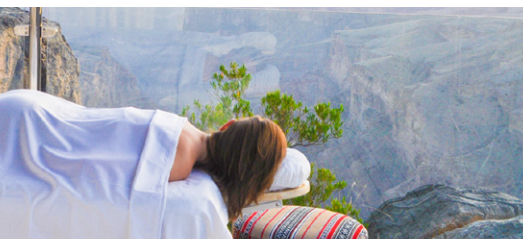
GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 517 kcals • fat 14g • saturates 2g • carbs 36g • sugars 12g • fibre 13g • protein 55g • salt 1.5g

Registered nutritionist KERRY TORRENS | Shoot director RACHEL BAYLY
Food stylist PIP SPENCE | Stylist FAYE WEARS

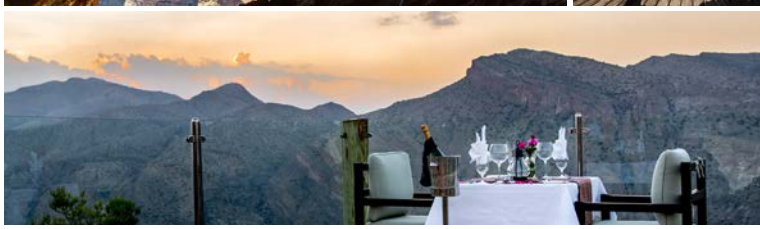
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TAKING LUXURY TO NEW HEIGHTS







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healthy

pizzas

Pizzas aren't what spring to mind when you want a healthy option, but these three recipes are high in fibre and will contribute to your five-a-day

recipes SARA BUENFELD *photographs* MIKE ENGLISH

Cajun prawn pizza

HEALTHY · HIGH FIBRE · 3 OF 5-A-DAY

SERVES 2 **PREP** 10 mins **COOK** 20 mins **EASY** ❄



For the base

200g wholemeal flour, plus extra for kneading
1 tsp fast-action dried yeast
2 tsp rapeseed oil, plus extra for oiling

For the topping

1 tbsp rapeseed oil
2 large celery sticks, finely chopped
1 yellow or green pepper, deseeded and finely chopped
225g can chopped tomatoes
1 tsp smoked paprika
165g pack raw peeled king prawns
2-3 tbsp chopped coriander
1/2-1 tsp Cajun spice mix
2 handfuls rocket (optional)

1 Heat oven to 220C/200C fan/gas 7. Tip the flour into a mixer with a dough hook or bowl, and add the yeast, 1/8 tsp salt, oil and 150ml warm water, then mix well to a soft dough. Knead in the mixer for 5 mins. If making by hand, tip onto a work surface and knead for 10 mins. Try not to add too much extra flour. Return to the bowl. Cover with a tea towel while you make the topping.

2 Heat the oil in a non-stick pan and add the celery and pepper. Fry for 8 mins, stirring, until softened. Tip in the tomatoes and paprika, then cook 2 mins more. Set aside to cool a little, then stir in the prawns.

3 With an oiled knife, cut the dough in half and shape each piece into a 25cm round with lightly oiled hands on oiled baking sheets. Spread each with half of the prawn mix, then scatter over the coriander and Cajun spice. Bake for 10 mins or until the base is cooked through, then top with the rocket, if you like.

GOOD TO KNOW healthy • low fat • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 559 kcals • fat 12g • saturates 1g • carbs 75g • sugars 10g • fibre 15g • protein 31g • salt 0.9g

gf tip
You can add some cheese if you like, but your pizza won't be low-fat anymore

BBQ chicken pizza

CALCIUM · VIT C · 3 OF 5-A-DAY

If you would rather make individual pizzas instead of a family traybake, shape into four rounds, top and bake for 8-10 mins.

SERVES 4 PREP 25 mins COOK 30 mins EASY ❄

For the base

250g wholemeal flour, plus a little for kneading if necessary
1 tsp fast-action dried yeast
¼ tsp salt
1 tbsp rapeseed oil, plus extra for oiling

For the topping

pack of 3 peppers
1 large onion
1 tbsp rapeseed oil
1 tsp fennel seeds
2 tbsp BBQ sauce
2 tbsp tomato purée
1 large skinless chicken breast fillet (about 225g), diced
175g baby plum tomatoes, quartered
50g Applewood smoked cheese, grated

1 Heat oven to 220C/200C fan/gas 7. Tip the flour into a mixer with a dough hook or bowl and add the yeast, salt, oil and 200ml warm water, then mix well to a very soft dough. Knead in the food mixer for about 5 mins. If making by hand, tip onto a work surface and knead for about 10 mins. The dough is sticky, but try not to add too much extra flour. Return to the bowl, then cover with a tea towel while you halve and slice the peppers and onions.

2 Toss the peppers and onions with the oil and fennel seeds, then roast for 15 mins. Meanwhile, mix the BBQ sauce and tomato purée with 5 tbsp water.

3 Take the dough from the bowl and press into the base and up the sides of an oiled 25 x 35cm Swiss roll tin. Don't knead the dough first otherwise it will be too elastic and it will keep shrinking back. Spread with two-thirds of the BBQ sauce mix, then add the chicken to the remainder of the sauce in the bowl and toss well to coat.

4 Take the roasted pepper mixture from the oven and spread on top of the pizza. Scatter over the tomatoes, then evenly spoon over the BBQ chicken. Scatter over the cheese and bake for 15 mins or until the base is cooked. Serve with a salad or healthy coleslaw (visit *bbcgoodfood.com* for a recipe).

GOOD TO KNOW low fat • low cal • calcium • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 448 kcals • fat 11g • saturates 3g • carbs 54g • sugars 12g • fibre 11g • protein 27g • salt 1g





Caramelised onion & goat's cheese pizza

HEALTHY · HIGH FIBRE · 2 OF 5-A-DAY

This pizza is made without tomatoes, but if you like them, serve it with a tomato salad on the side.

SERVES 2 **PREP** 20 mins **COOK** 30 mins **EASY** V ❄

For the base

125g wholemeal flour, plus a little for kneading if necessary
½ tsp fast-action dried yeast
1 tsp rapeseed oil, plus extra for oiling

For the topping

2 onions, halved and thinly sliced
2 tsp rapeseed oil
2 tsp balsamic vinegar
160g baby spinach leaves (not the very tiny ones), chopped
2 large garlic cloves, finely grated
50g soft goat's cheese (or vegetarian alternative)
4 pitted Kalamata olives, quartered
few soft thyme leaves
1 tsp sunflower seeds

1 Heat oven to 220C/200C fan/gas 7. Tip the flour into a mixer with a dough hook or a bowl and add the yeast, ⅛ tsp salt, the oil and just under 100ml warm water, then mix well to a soft dough. Knead in the food mixer for about 5 mins. If making by hand, tip onto a work surface and knead for about 10 mins. The dough is sticky, but try not to add too much extra flour. Return to the bowl and cover with a tea towel while you make the topping.

2 Tip the onions into a non-stick wok and add the oil, 4 tbsp water and the balsamic vinegar. Cover with a saucepan lid that sits inside the pan so it's close to the onions, then cook for 15 mins, stirring about three times and replacing the lid quickly so as not to lose too much moisture. The onions should be golden and all the liquid gone. Tip onto a plate. Add the spinach and garlic to the pan and stir-fry until the spinach has wilted down.

3 Take the dough from the bowl and cut in half with an oiled knife, then shape each piece into a 25cm oval on a large oiled baking sheet with oiled hands. Don't knead the dough first, otherwise it will be too elastic and it will keep shrinking back.

4 Spread with the spinach followed by the onions, then dot with the cheese and scatter over the olives, thyme and sunflower seeds. Bake for 15 mins or until golden and the base is cooked through.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • iron • 2 of 5-a-day
PER SERVING 443 kcals • fat 14g • saturates 5g • carbs 54g • sugars 9g • fibre 11g • protein 18g • salt 0.9g

Shoot director SALLY WILLIAMS | Food stylist SARA BUENFELD | Stylist FAYE WEARS

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recipes JULIET SEAR *photographs* WILL HEAP











Juliet Sear is a baking wizard and food artist. Discover her kids' cooking videos on the BBC *Good Food* Youtube channel @*JulietSear*





Halloumi traybake

SERVES 4 **PREP** 15 mins **COOK** 1 hr
EASY V

750g baby new potatoes, halved
2 medium red onions, quartered and broken up into large pieces
4 tbsp olive oil
400g can chickpeas, drained
1 large red pepper, sliced into strips
½ romanesco broccoli or cauliflower (about 400g), cut into small florets
250g mixed colour cherry tomatoes
4 garlic cloves, peeled
250g pack reduced fat halloumi, thinly sliced
small bunch basil, leaves torn

1 Heat oven to 160C/140C fan/gas 3. Put the potatoes in a large roasting tin with the onion. Pour over 2 tbsp olive oil and roast in the oven for about 30 mins.
2 Add the chickpeas, pepper, romanesco, tomatoes and garlic. Drizzle with 2 tbsp oil, then roast for a further 20-25 mins until everything is cooked and browning nicely. Toss together briefly and put the halloumi slices on top. Put it under the grill for 5-10 mins, or until the cheese is melting and browning (keep an eye on it). Scatter over the basil leaves to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 564 kcals • fat 24g • saturates 8g • carbs 53g • sugars 15g • fibre 12g • protein 28g • salt 1.6g

Healthier veggie carbonara

SERVES 4 **PREP** 20 mins **COOK** 10 mins **EASY** V

4 medium courgettes (use a mix of yellow and green if you can get them)
300g spaghetti
3 large egg yolks
160g vegetarian parmesan-style cheese
1 tbsp olive oil
small bunch fresh lemon thyme or thyme, leaves picked
200g chestnut mushrooms, roughly chopped
4 garlic cloves
small bunch flat-leaf parsley, chopped (optional)
½ lemon, zested and juiced

1 Put a large pan of salted water on to boil. Halve the courgettes lengthways and scoop out and discard the core, then slice the courgettes at an angle into small diagonal pieces. Put the spaghetti in the pan of boiling water and cook following pack instructions.
2 To make the creamy carbonara sauce, put the egg yolks in a bowl, add half of the grated cheese, and mix with a fork. Add up to 3 tbsp water to make the sauce less thick. Season and set aside.
3 Heat a large frying pan on a medium to high heat and pour in a little olive oil. Fry the courgette slices and thyme leaves with a good grinding of black pepper for a minute or two until the courgette starts to soften, then add the mushrooms. Fry for 2-3 mins until golden and slightly softened. For the last minute of the cooking, add the garlic.
4 Working quickly, drain the pasta, reserving a little of the cooking water. Toss the pasta in the pan with the courgettes and mushrooms, then remove from the heat and add a ladleful of the reserved cooking water and the egg and cheese sauce. Add the fresh parsley, if using, and the lemon zest and juice, then sprinkle over most of the remaining cheese. Stir everything together quickly to coat the pasta. The egg will cook if the pasta is still hot. If you're worried about it, put back on the heat for 1 min.
5 Pour in a little more of the cooking water, if needed. You should have a silky and shiny sauce. Season to taste, then sprinkle with a little more cheese to serve. Eat straight away, as the sauce can become thick and stodgy if left for too long.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 552 kcals • fat 20g • saturates 9g • carbs 59g • sugars 4g • fibre 8g • protein 29g • salt 0.8g





Mini lentil shepherd's pies

SERVES 4-6 **PREP** 25 mins **COOK** 1 hr 30 mins **EASY** V ❄

2 tbsp butter or olive oil, plus extra for the pie dishes
1 large red onion, chopped
2 carrots, finely diced, about 200g
4 celery stalks, chopped
4 garlic cloves, finely chopped
150g chestnut mushrooms, chopped (blitz these to fairly tiny pieces for small kids)
2 tsp thyme leaves (optional)
250g Puy lentils
100ml red wine (optional)
900ml vegetable stock
2 tbsp tomato purée
1 tbsp Marmite (optional)
peas, to serve (optional)

For the mashed potato topping

850g Maris Piper potatoes, peeled and cut into chunks
75g butter
100ml milk (or alternative)

1 To make the filling, heat the butter or oil in a large saucepan and gently fry the onion, carrots, celery and garlic for 15 mins until soft and golden. Turn up the heat, add the mushrooms, then cook for 3-4 mins. Sprinkle in the thyme and add the lentils. Pour over the wine and stock, then simmer gently, uncovered, for about 40-45 mins until the lentils are soft. If you find the mixture is drying out, you can add a splash more stock or water.
2 Meanwhile, put the potatoes in a large pan, pour over boiling water and boil for 15-20 mins until tender. Drain well. You can use a potato ricer at this stage to make them super creamy, or mash with the butter and milk, then season with salt and pepper.
3 Remove the lentils from the heat, add the tomato purée and Marmite, if using. Stir well and check to see if you need seasoning, then add a good grinding of black pepper.
3 Heat oven to 200C/180C fan/gas 6. To assemble, butterd four-six small pie dishes or one a large dish and spoon in the lentil mixture, then top with mash. It's fun to pipe on the mash if you have a piping bag, but if not, you can spoon it on and fluff into peaks with a fork. Bake for 30-40 mins until golden. Serve with peas on the side, if you like.

GOOD TO KNOW fibre • iron • 3 of 5-a-day
PER SERVING (6) 443 kcals • fat 17g • saturates 10g • carbs 52g • sugars 9g • fibre 11g • protein 16g • salt 0.9g

Loaded baked potatoes with slaw

SERVES 4 **PREP** 20 mins **COOK** 1 hr 45 mins **EASY** V

4 baking potatoes (about 700g)
1 tbsp olive oil
30g butter
150g plain 0% fat yogurt, plus extra to serve
6 small spring onion, washed, outer layer removed and finely sliced
200g can no added sugar sweetcorn, drained
150g reduced-fat strong cheddar, grated
small bunch chives, finely chopped

For the healthy coleslaw

125g plain 0% fat yogurt
½ tsp wholegrain mustard
½ small white cabbage, about 400g
2 medium carrots, about 150g
1 small red onion

1 Heat oven to 180C/160C fan/gas 4. Wash and pierce the skins of the potatoes a few times with a sharp knife.Rub the skin with a little olive oil and bake for 1 hr 30 mins until soft inside and crisp on the outside.
2 Meanwhile, make the coleslaw. Mix the yogurt and mustard together in a bowl. Then, use a grating attachment on a food processor, or a box grater, to grate the cabbage and carrots. Either grate the onion or chop as finely as you can. Tip all of the vegetables into the bowl and stir through the yogurt and mustard.
3 Once the potatoes are crisp on the outside and soft inside, remove from the oven and cut in half. Scoop out the flesh and mash with the butter and yogurt, stir in the spring onion and sweetcorn and most of the cheese, reserving a little of the cheese for topping, season if needed.
4 Turn the oven up to 200C/180C fan/gas 6. Load the filling back into the crisp potato skins, top with the remaining cheese,and put them back in the oven on a baking sheet for about 10-15 mins, or until the cheese is melted and the edges are browning. To serve, sprinkle with chives and serve alongside the coleslaw with a dollop of natural yogurt.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 493 kcals • fat 16g • saturates 8g • carbs 57g • sugars 19g • fibre 11g • protein 23g • salt 0.1g



Shoot director and stylist TONIA SHUTTLEWORTH | Food stylist JULIET SEARS

Veggie toad-in-the-hole

We've used Quorn Best of British sausages in this recipe as we've found that they're most like meat sausages, but you can use any ones you like.

SERVES 4 **PREP** 10 mins plus resting the batter
COOK 40 mins **EASY** **V**

2 tbsp rapeseed oil
8 vegetarian sausages
For the batter
4 medium eggs
325ml semi skimmed milk
250g plain flour

1 To make the batter, beat the eggs and milk together in a bowl, add 1 tsp salt, then beat again and leave to stand for 30 mins. Tip in the plain flour and beat well with a whisk until smooth. If you can, make this 2 hrs before needed and allow to stand before pouring into the tin.
2 Heat oven to 220C/200C fan/gas 7. Pour 2 tbsp oil in a 28 x 23cm roasting tin (or a tin roughly that size), coat the sausages in the oil and roast them in the oven for about 8-10 mins.
3 Stir the batter, then remove the tin from oven and pour the batter over the hot oil and sausages (you can do this over a low heat on the hob to keep the oil nice and hot). Put the tin back in the oven and cook for 10 mins, then turn the temperature down to 180C/160C fan/gas 4 and cook for a further 25-30 mins or until the batter is cooked through.
4 Test with a knife in the centre to check it's cooked. Serve with the crunchy polenta roast potatoes, caramelised carrots and veggie gravy (see recipes, right), if you like, plus some green vegetables.

GOOD TO KNOW fibre
PER SERVING 620 kcals • fat 24g • saturates 4g • carbs 63g • sugars 7g • fibre 8g • protein 33g • salt 3.6g







Crunchy polenta roasties

SERVES 4-6 **PREP** 10 mins **COOK** 1 hr 20 mins **EASY** V

9 large potatoes (about 1.25kg), peeled and cut into large chunks
about 200ml olive oil
1-2 tbsp dried polenta

1 Heat oven to 200C/180C fan/gas 6. Pour a good glug of oil in a large roasting tin and put in the oven. Put the potatoes in a saucepan and cover with boiling water from the kettle. Bring to the boil and cook for 7-8 mins.
2 Drain the potatoes, then toss them in the polenta to help them dry out and get a fluffy coating. Carefully tip the potatoes into the hot roasting tin, drizzle over a little more oil and toss to coat.
3 Roast for 30 mins, then turn them over and roast for 30 mins. Turn once more and cook for a further 10 mins. These can go on the lower shelf while you make your toad-in-the-hole (see recipe, left), and can cook for a further 15-20 mins if required.

GOOD TO KNOW gluten free
PER SERVING 479 kcals • fat 34g • saturates 5g • carbs 38g • sugars 2g • fibre 3g • protein 4g • salt 0.1g

Caramelised honey carrots

SERVES 4 **PREP** 5 mins **COOK** 35 mins **EASY** V

500g pack Chantenay carrots, trimmed
1 tbsp honey
2 tsp butter
1 tsp thyme leaves

1 Put the carrots in a large frying pan with a lid. Cover with cold water, put the lid on and bring to a boil. Once boiling, take the lid off and cook over a medium heat for about 25-30 mins until all the water has evaporated.
2 Reduce the heat, add the honey, butter and thyme leaves and gently cook for about 5 mins until the carrots are caramelised and golden.

GOOD TO KNOW low fat • 1 of 5-a-day • gluten free
PER SERVING 69 kcals • fat 3g • saturates 1g • carbs 9g • sugars 9g • fibre 4g • protein 1g • salt 0.2g

Veggie gravy

SERVES 4 (makes about 400ml) **PREP** 20 mins **COOK** 45 mins **EASY** V ❄

1 onion, chopped
2 carrots, finely chopped (about 200g)
2 celery sticks, finely chopped (about 200g)
2 bay leaves
1 large thyme sprig
large knob of butter (or 2 tbsp olive oil)
1 tbsp golden caster sugar
2 tbsp plain flour
2 tsp Marmite (optional)
1 tbsp tomato purée
2 tbsp balsamic vinegar
1L vegetable stock
soy sauce to season

1 Gently cook the veg, herbs and butter in a pan for 10-12 mins until the vegetables start to brown. Scatter over the sugar and continue to cook for 1-2 mins until a little caramelised. Stir in the flour and combine well. Add the Marmite, if using, tomato purée and vinegar. Pour over the stock a little at a time stirring as you go.
2 Simmer everything together until you have a thickened sauce, this will take about 30 mins. Sieve, then add soy sauce and a touch more Marmite to season and colour. *Will freeze for up to two months.*

PER SERVING 139 kcals • fat 6g • saturates 1g • carbs 18g • sugars 9g • fibre 2g • protein 2g • salt 0.8g



THE KING OF CHEESE

We journey to Parma, Italy's official 'City of Gastronomy' and the birth place of Parmigiano Reggiano, to discover why this ingredient should be a must on your shopping list and the destination should be a part of your 2019 foodie travel plans.

By SOPHIE VOELZING









When I told family and friends that I was heading to Parma in Italy, they responded by asking, "where's that?". Parma may not be as well-known as Rome, Venice or the Almalfi Coast, but it sure should be.

Officially labelled as Italy's 'City of Gastronomy, Parma is located in the Emilia-Romagna region – an area known as the country's greatest gastronomic treasure.

This region of Italy is where sought-after ingredients such as Parmigiano Reggiano, Parma ham, Balsamic vinegar of Modena, Barilla pasta, and a whole wealth of high-quality food products are produced.

It's where farm-to-table cooking is accessible on every street, and family-run restaurants are passed down through the generations. It's a place brimming with perfected time-tested recipes, excellent food, culture and history, where the famed rivers Po and Reno encase abundant open fields and 4,000 farms are occupied by well-looked after cows that roam freely and happily.

Parma is a haven for foodies and is well-equipped to deal with us – you'll find food tour options on offer all over the city, which guarantee you a first-class ticket to tasting some of the area's best food. While the region has so much to offer, my visit to Parma this time was specifically to focus on Parmigiano Reggiano, also known as 'the king of cheeses'.

Deliciousness aside, there's so much to love about Parmigiano Reggiano that you may not realise. It's a lactose-free, all-natural ingredient that is completely vacant of additives and preservatives, with each cheese wheel using around 550 litres of milk. It's super rich in protein, vitamin and minerals, plus it's also available as a Halal product, which you'll find sold here in the Middle East at stores such as Spinneys, Jones the Grocer, Carrefour, Choithrams, and Milk & Honey.

"When compared to other cheese, Parmigiano Reggiano is lower in fat and sodium and higher in vitamins and minerals. It contains 19 of 21 amino acids the body needs, and a 1-ounce





A short history of Parmigiano Reggiano

When it is said that Parmigiano Reggiano cheese has been "a great cheese for at least nine centuries", it is not only highlighting its ancient origin. Indeed, it means pointing out that this cheese today is still identical to how it was eight centuries ago, having the same appearance and the same extraordinary fragrance, made in the same way, in the same places, with the same expert ritual gestures.

Historical evidence shows that already in 1200-1300, Parmigiano Reggiano cheese had reached its perfect typicality that has remained unchanged until the present day.

Today like in the past, cheese masters continue in their effort and in their risk by sincerely and proudly persisting in making their cheese with solely milk, rennet, fire and art, and in abiding by the rigorous centuries-old methods and application of the technique that is the result of special vocations and matured experiences.

serving provides as much as 30 percent of a person's requirement for calcium," reveals Fabrizio Raimondi, Press Officer at Parmigiano Reggiano Consortium.

What's not to love?

Made with love

Parmigiano Reggiano is created using nine centuries-old methods that have well and truly survived the test of time. The cheese wheels are produced at 329 dairies across five provinces by teams that dedicate 365 days per year ensuring that the product is produced to the upmost of standards, which allow Parmigiano Reggiano to retain its all-natural stamp.

During my time in Parma, we visited a dairy owned by farmer Paolo Caramaschi – a fifth generation cheesemaker, whose family has lived on and manned the land to produce Parmigiano Reggiano for many years.

Stepping into the farm's production area, we're informed that milk from the evening milking has rested overnight in the large vats in front of us, to allow the milk's fat to rise to the surface – this fatty layer is used to produce butter.

"Parmigiano Reggiano is a very versatile cheese that has been widely used in cooking since ancient times"

The skimmed milk from the night before is then poured into bell-shaped copper cauldrons where calf rennet and fermented whey, rich in natural lactic ferments obtained from the processing of the day before are added.

Before our eyes, we see the milk coagulating into a curd, which is then broken down into small granules using a traditional tool called a spino. The cauldron is then heated to 55 degrees centigrade, which causes cheesy granules to sink to the bottom to form a single mass, which is removed, cut into two parts and wrapped in a cloth. This mass is what makes Parmigiano Reggiano. Placed into oval-shaped moulds, this is how the cheese forms into its final shape and is imprinted with a unique identity number.



DID YOU KNOW?

In conversation with Fabrizio Raimondi the Press Officer at Parmigiano Reggiano Consortium, we learn more about the 'King of Cheese'...

How is Parmigiano Reggiano a naturally lactose-free cheese?
Parmigiano Reggiano cheese is a 100 percent lactose-free cheese. The reason is that within 6 to 8 hours after the cheese is made, lactose is transformed into easy-to-digest lactic acid through the action of enzymes in the cheese.

Parmigiano Reggiano wheels are quite big! What is the correct way to cut into it? And once it's cut, how should consumers store it in their fridge at home?
If you look at the way a wheel of Parmigiano Reggiano cheese is cut in half before its sale, the first thing that draws our attention is the particular and original tool that is used for this operation. It is a characteristic knife with a short, pointed and almond-shaped blade.

One side is thinner to aid penetration while the other side is thicker because it must act as a wedge. In fact, a wheel of Parmigiano Reggiano cheese is not cut, but instead "opened" so that its internal structure and its grainy texture are not altered.

Using the tip of the knife, a line is drawn that divides the wheel in half on the diameter of the two flat faces and along the convex sides. Along this line, the rind is pierced by the knife's intermittent thrusts of one or two centimeters.

Then, two knives are run into the cheese on the angle between the flat and convex sides at the two diameter's ends; these knives act as wedges and the wheel splits open into two identical halves.

This procedure requires experience and attention because the opening is perfect only if the internal structure of the cheese has been able to sustain the same resistance on both halves.

Also the following incisions, i.e. cutting into pieces, must be carried out using the same method; each half is cut into two fourths along a radius that is exactly in the middle of the semi-circumference of the flat sides: one fourth is cut into eighths, eighths are cut into sixteenths and so on. In this way, each piece contains the same ratio between cheese and rind.

How should Parmigiano Reggiano be served? Can it be served straight from the fridge or does it need to warm first?
Parmigiano Reggiano is supposed to be enjoyed at room temperature. That's why it is better to take the King of Cheeses out of the refrigerator at least half an hour before serving.

Consumers are buying 'fake' Parmesan cheese without realising. What advice can you offer on how to recognise authentic Parmigiano Reggiano when purchasing?
Authentic Parmigiano Reggiano cheese contains only three very simple ingredients: milk, salt, and rennet (a natural enzyme from calf intestine). If the cheese you buy lists any other ingredient, it's not Parmigiano Reggiano. Also, you can identify it by the signature words Parmigiano-Reggiano embossed all over the rind. If you buy a Parmigiano Reggiano in vacuum pack, always check the presence of the PDO stamp and the Consortium stamp on the packaging.

When visiting Parma, what are your top five recommendations for restaurants using Parmigiano Reggiano?
- Ai Due Platani (bit.ly/2OSRXn4)
- Inkiostro (ristoranteinkiostro.it)
- Antica Moka (anticamoka.it)
- L'Erba del Re (lerbadelre.it)
- Ca' Matilde (camatilde.it)



Ways with PARMIGIANO REGGIANO

PARMIGIANO REGGIANO AS AN APERITIF
A 12 to 18-month old Parmigiano Reggiano can be tasted in slivers accompanied by raw vegetables, such as celery and cherry tomatoes. To contrast with its delicate taste, it can be accompanied by a not-too-spicy chutney (kiwi, apricot, melon).

PARMIGIANO REGGIANO IN SOUP AND PASTA COURSES
A 24-month old Parmigiano Reggiano is a perfect match for most of the traditional Italian pasta dishes, both grated and in slivers. An interesting twist is cooking the cheese rind in vegetable soup.

PARMIGIANO REGGIANO WITH MEAT AND FISH
A 26 to 30-month old Parmigiano Reggiano can be used in the kitchen to enhance flavour in the preparation of main courses. It can be served in slivers on meat or fish carpaccios, or on roast beef with a drizzle of extra-virgin olive oil.

PARMIGIANO REGGIANO AND VEGETABLES
Parmigiano Reggiano mixes well with fresh vegetable salads, dressed with a bit of extra-virgin olive oil. It is an indispensable ingredient for baked vegetable pies and for traditional recipes, such as Aubergines alla Parmigiana.

PARMIGIANO REGGIANO WITH FRUIT
A 12 to 18-month old Parmigiano Reggiano can be enjoyed with fresh fruit, such as apples and pears. A 24 to 28-month old Parmigiano Reggiano is an excellent accompaniment to any type of nuts and dried fruit (walnuts, hazelnuts and figs), and is superb with dried plums.

PARMIGIANO REGGIANO AND TRADITIONAL BALSAMIC VINEGAR
A sliver of matured Parmigiano Reggiano is sublime if served with a few drops of traditional balsamic vinegar from Modena or Reggio Emilia.

Parmigiano Reggiano in the UAE

This year, the Parmigiano Reggiano Consortium aims to expand the market for the cheese in the Middle East and has identified the UAE as a strategic market as the country leads the regional market for Italian hard cheeses as a whole, with 394 tons imported in 2017, compared to 128 tons by Saudi Arabia and 3 tons by Bahrain.



When you purchase Parmigiano Reggiano, you can check on its authenticity by visiting *parmigianoreggiano.com* and inputting that identity number, which will tell you where and when the cheese was produced – it's all quite impressive.

Once the cheese is branded, it's laid out in the silent maturation rooms, where it's matured for a minimum of 12 months. But, the process doesn't stop there. Only at this point can it be decided if each individual cheese is worthy and the Consortium carries out strict tests before fire-branding each cheese with the Protected Designation of Origin (PDO) mark. If the cheese does not have this brand, it means that it did not meet the requirements set out by the PDO.

Cheese sold at this point, is branded as second-class 'mezzano', while cheese matured for 18-months will have the mark 'extra' on it. Cheese with a red seal has been matured for over 18-months, which is when it boasts a stronger flavour.

A silver seal identifies cheese which has been matured for over 22 months, and lastly a gold seal identifies a cheese matured for over 30 months and has the most distinctive flavour.

Unforgettable flavours

"Parmigiano Reggiano is a very versatile cheese that has been widely used in cooking since ancient times," explains Fabrizio.

As commonly done in Italy, the cheese is used during 'Aperitivo' time before dinner, where you can enjoy snacking on crumbly chunks simply with bread, jam or balsamic. It can also be used as a condiment in pastas, soups, salads and various other dishes, where slivers of cheese are mixed in to enhance the flavour, or alternatively, as a main ingredient in the dish such as a pasta or pie filling.

Whether used to enrich a dish, embellish a salad, or accompany your aperitif, it's safe to say that Parmigiano Reggiano is undeniably a well-rounded, flexible ingredient essential that should be on your next shopping list.

TRY AT HOME

Red onion, thyme & Parmigiano Reggiano tart

A recipe of few ingredients but where technique is very important. Although not commonly instructed, it's best to pre-cook the puff pastry to ensure it's fully cooked and you're not left with a layer of uncooked pastry, especially away from the edges. The combination of red onions and Parmigiano Reggiano gives an intense sweet-salty balance, with the flaky pastry giving necessary texture.

SERVES 4-6

50g unsalted butter
1kg red onions, peeled and sliced lengthways
Salt and freshly ground pepper to taste
1 pack of puff pastry, ready rolled, preferably all butter (pack size varies from 320g to 375g)
Oil and flour for the baking sheet
1 egg, beaten with a pinch of salt
1.5g fresh thyme, leaves only, picked from approx. 6-8 sprigs (1 tbsp)
100g Parmigiano Reggiano

1 Pre-heat the oven to 180C (fan).
2 Melt the butter in a heavy pan and sauté the onions over a low to medium heat, stirring frequently, until completely softened. This will take anywhere between 30 and 40 minutes. Season during and then check the seasoning at the end, as the eventual sweetness of the onions needs enough salt to balance the taste.
3 Whilst the onions are cooking, prepare the pastry base. Oil an approx. 35cm x 25cm baking dish and dust with flour. Unroll the pastry and place on the baking sheet. With a sharp knife, score a 1-2 cm border around the edge of the pastry and prick within the border with a fork. Brush the border with egg. Bake at 180C (fan) for 20 minutes. When removed it should be golden and puffed up.
4 Increase the oven to 200C (fan).
5 Spoon the cooked red onions onto the pastry, within the border. The weight of the onions will collapse the pastry but it will be cooked properly. Cover the onions with the Parmigiano Reggiano then sprinkle the thyme leaves on top. Give the border another egg wash then return to the oven for 10 minutes. Remove when lightly browned on top.
6 Best served after it's been out of the oven for 15-30 minutes to allow to cool a little. Cut into four or six pieces and serve with a simple dressed green salad.





NEW YEAR, NEW LICENCE

Start the New Year on the right foot and make sure that your alcohol licence is still valid. Did you know that local law requires you to have a valid Dubai Licence in order to have an alcoholic beverage, transport or store alcohol in your home? We hear from the guys at African & Eastern to learn how easy it is to obtain or re-new a licence

Why do I need to apply for an Alcohol Licence?
Apart from the fact that by law you require an Alcohol Licence to have a drink, transport or store alcohol in your home – there are many additional benefits to having one! For example: You will receive vouchers worth AED 1,500 to spend at bars and restaurants around Dubai. You can shop online or at any one of our 16 conveniently located stores across the city 7 days a week. You will be able to access great value and the best offers when you shop with African + Eastern. Perhaps most importantly you will have peace of mind - with an Alcohol Licence in Dubai, you stay safe and stay legal

I have recently changed companies; do I need to renew my Alcohol Licence?
No. You will not need to renew your licence. But we will need to revalidate your licence with Dubai Police. So we will need to grab your, original licence, new visa and salary certificate OR Labour Contract Copy

If I do not have a tenancy contract, can I still apply for an Alcohol Licence?
Yes. If the tenancy contract is not under your name when applying for an alcohol licence, then a NOC (No Objection Certificate) from the person named on the tenancy is required along with a passport and visa copy.

I live in Dubai, but a different emirate has issued my visa. Can I apply for an Alcohol Licence?
Yes. You will need a NOC letter from the respective Emirates' Police Department or Municipality when submitting your application. For example, a NOC from Abu Dhabi Tourism & Culture Authority if your

Photographs SUPPLIED





African & Eastern opens new store in the Springs Souk Mall

A&E recently opened a brand-new store in the Springs Souk Mall next to Springs 7. The mall has Carrefour, plus various other dining and retail options, plus Reel cinemas is scheduled to open soon. The store, which offers more than 1,500 products, is open seven days a week from 10am to 9pm Saturday to Thursday, and 2pm to 9pm on Fridays. For more information, visit africaneastern.com.

visa is from Abu Dhabi and a NOC from Fujairah Municipality for Fujairah visa holders.

I live in Sharjah but work in Dubai and my visa has been issued in Dubai. What now?
You can only apply for an Alcohol Licence if you live in Dubai. Since you live in Sharjah, your application for an Alcohol Licence has to be processed by the Sharjah Police. You will also need an NOC from the Dubai Police Department.

I am working for a Free Zone company; do I need an NOC from a Free Zone Authority?
No. Free Zone Authorities charge a fee for a NOC. Instead just submit an original salary certificate from your place of work

Can I use my husband's Alcohol Licence?
As partners, both a husband and wife should have their own licences. You will only be allowed to buy alcohol in-store if the Alcohol Licence is in your name.

WHY GET AN ALCOHOL LICENCE?

It's the law
The law of the land requires you to have a valid Dubai Licence to have a drink, transport or store alcohol in your home. For more information, visit **alcohollicencedubai.com.**

HOW TO GET A LICENCE

Apply online
Visit alcohollicencedubai.com and complete the save-as-you-go online application from the comfort of your couch! A&E will call when your licence is ready. It really is that simple!

A&E can help
If you prefer a more personal experience pop by any of the 17 Dubai-based A&E stores and were a member of their team can assist.

Delivered to your door
Call A&E toll-free on 800 CHEERS (243377) to have an Alcohol Licence pack delivered to you.

REQUIREMENTS
So if you're non-Muslim, over 21 years of age and ready to get started on your Alcohol Licence, here are the supporting documents you will need whether applying online or in person for a new application:

- Copy of your passport and residency visa
- Your Labour Contract (Issued by MOL) or original salary certificate
- Your tenancy contract
- A passport photograph

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A 1-HOUR SPA TREATMENT, POOL, GYM ACCESS & LUNCH FOR 2 AT AL MAHA DESERT RESORT & SPA! WORTH DHS1,500

Al Maha Resort is nestled in a verdant palm oasis, deep within Dubai's magical dune and desert landscape in the Dubai Desert Conservation Reserve and plays a vital role in its conservation. Al Maha showcases the heritage and architecture of the Bedouins and also offers a sense of desert adventure.



WIN!

A 1-NIGHT STAY IN A SEA VIEW ROOM WITH BREAKFAST FOR 2 ADULTS, 2 CHILDREN AT LE MERIDIEN, AL AQAH BEACH RESORT FUJAIRAH! WORTH DHS1,500

This chic Indian Ocean resort with iconic architecture is set against the extraordinary backdrop of the Hajar Mountains, among lush gardens and with its own private stretch of sandy beach. Le Méridien Al Aqah Beach Resort is one of the most desirable luxury resorts in Fujairah, renowned for its outstanding international cuisine and service, world class rooms, spa, leisure and conference facilities. It also offers one of the best all-inclusive beach resort experiences in the region.

Just a 90-minute drive from Dubai International Airport, this resort is an ideal location for romantic getaways, weekend breaks, anniversaries, wedding celebrations and family holidays.



WIN!

A DINING VOUCHER FOR THE URBAN BRUNCH! WORTH DHS530

"The Urban Brunch", a backyard brunch filled with sharing style food platters, live grill and carving station and desserts, complete with live music and bottomless drinks from 2pm to 5pm. The drinks are extensive, and the menu hits the spot, brunchers are served a selection of sharing-style food brought to the table. From empanadas, chorizo sausage and hot bites ranging from Baja Fish Taco to the popular crispy calamari. To complement the offering, live grill and beef back ribs are poled in the beer garden however the real star of the brunch is the live entertainment and a little bit of the dessert board.

WIN!

A VOUCHER TO SPEND AT THE CELLARS STORE IN RAS AL KHAIMAH! WORTH DHS500

The Cellars store in Ras Al Khaimah is one of the largest beverage stores in the UAE, stocking some of the world's most popular brands. Located next to Acacia Hotel in RAK, the store is less than an hour's drive from Dubai via Sheikh Mohammed Bin Zayed Road (E311.) Our commitment: We offer the lowest prices in the region; Our range is the biggest, Only genuine products – guaranteed, You can expect great promotions + rewards all year round.



WIN!

A RESTORE & RELAX PACKAGE FROM DUBAI HERBAL & TREATMENT CENTRE! WORTH DHS1,150

Restore and relax at one Dubai's largest wellness centre – Dubai Herbal & Treatment Centre. This package for two includes a lunch/dinner for two at the award-winning eat well Restaurant and two 50-minute massages at the feel well retreat. Total package is worth Dhs1,150.



WIN!

DINNER FOR 4 AT ANY SHAKESPEARE AND CO. RESTAURANT IN THE UAE! WORTH DHS1,000

The café restaurant represents the core of our business. Shakespeare and Co. is a place you can go with friends, colleagues, and family, to enjoy a good meal and relax, knowing there's always something to look forward to on the menu. While every restaurant is distinctly "Shakespearean", each location is unique in terms of colors, décor and layout.



WIN!

A 1-MONTH CAHO TASTING CLUB SUBSCRIPTION! WORTH DHS582.75

Each month our members come home to an exciting new Tasting Club chocolate subscription box of premium handcrafted chocolates. We'll deliver your tasting box straight to your address monthly! Box includes: 4 chocolate bars, 1 chocolate slab, 60 chocolate pieces!! If you renew your subscription after your free month, we will give you 20% discount!

To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



The Paradise Escape You Need Right Now

TAKE A BREAK
EXPLORE THE SOUTH OF SEYCHELLES
COME BACK WITH THE BEST MEMORIES

The hidden gem of Seychelles

Ideally located in the South East of Mahe, this resort offers you panoramic views of the Indian Ocean in every room.
Relax, feet in the sands, or with a cocktail in the large infinity pool.

The Ocean View Bar offers signature cocktails with magnificent sunset views. Les Palms restaurant offers a variety of culinary delights, where both adults and children enjoy a Creole-centric meal while taking in the surrounding view.

Snorkelling equipment and kayaks are free of charge for those that want to keep fit while having fun. If you prefer to relax, the eForea Spa is located on the rocks along the beach so you can have a massage with a view.

DoubleTree by Hilton Seychelles Allamanda Resort & Spa
South Coast Road, Anse Forbans, Mahé, Seychelles
Tel +248 4 388 800
Email SEZDT.info@hilton.com
https://doubletree3.hilton.com

DOUBLETREE
by Hilton™



Winning the title of the Gastronomic Superstar at the Leaders Hospitality Awards, Chef Clive Pereira from Goa, started his culinary journey in Taj Group of Hotels. He braved the challenge of working in Dubai to explore his talent and create a name in the culinary world. Worked under the close supervision of the Michelin-starred Gary Rhodes, Chef Clive developed his talent that took his career to the next level. Specialized in steaks and currently heading the kitchen of the award-winning West 14th Steakhouse at DUKES DUBAI, Chef Clive revamped the menu using the finest quality of the products which is one of the key factors that brought the restaurant's name in the spotlight.

DUKES DUBAI
The Palm Jumeirah, PO Box 120015, Dubai, UAE
@dukesdubai @dukes.dubai @DUKES DUBAI
www.dukesdubai.com

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